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Nation on meat alert

Maple Leaf shuts Toronto plant, expands product recall

One person in Ontario has died and 16 others have fallen ill from a nationwide outbreak of food poisoning in what public health officials say may be linked to contaminated meat products sold at a major Toronto packaging plant.

Hundreds of thousands of kilograms of ready-to-eat meats supplied to grocery stores, fast-food outlets such as McDonalds and Mr. Sub, hospitals, retirement and nursing homes have been recalled and the Maple Leaf Foods plant on Bartor Road has been temporarily shut down.

Toronto public health officials have confirmed five cases in Toronto of listeriosis, a serious food-borne illness caused by the Listeria bacteria, most of them in nursing or retirement homes and hospitals throughout the city.

Officials at the Public Health Agency of Canada (PHAC) confirmed they are investigating a connection with meat recalled by Maple Leaf Foods.

Some 70,000 kilograms of roast and corned beef sold under the Sure-Slice name were voluntarily recalled by the company on Sunday after three samples from two production lines tested positive for Listeria, said Linda Smith, spokesperson for Maple Leaf Foods.

The company expanded the recall yesterday to another 500,000 kilograms of more than 20 kinds of meats as a precautionary measure.

TORSTAR NEWS SERVICE

Listeriosis cases under investigation

- Of the 17 known listeriosis cases, 13 are in Ontario, two in B.C., and one each in Saskatchewan and Quebec. A total of 29 cases are under investigation, health officials say.

Small-town crime rises in Ontario

Drugs, guns and violent crime charges, traditionally considered the scourge of the big city, are seeping steadily into small-town Ontario, where the number of serious criminal charges is outpacing even major urban centres, an analysis by The Canadian Press has found.

Violent crime charges — everything from criminal harassment and assault to robbery and murder — have largely stagnated in Ontario's major cities, but the opposite appears to be the case in the less populated centres, where the number of serious charges laid between 2000 and 2007 spiked last year by nearly 25 per cent.

The number of weapons charges shot up in all but four Ontario communities during the seven years covered by the provincewide statistics, which are compiled according to courthouse location and provided online by the Ministry of the Attorney General.

THE CANADIAN PRESS

Olympics Lightning Bolt strikes

THOMAS KIENZLE/THE ASSOCIATED PRESS

Jamaica's Usain Bolt celebrates as he reaches the finish line in the men's 200-metre final at the Beijing Olympics yesterday. Bolt became the first man ever to break world records while winning both 100- and 200-metre races at a single Games. **More Olympics, p. 16, 18, 20**

THE CANADIAN PRESS

New CMA president Dr. Robert Ouellet addresses the media in Montreal yesterday.

New CMA head backs private care

HEALTH The incoming leader of the association representing Canada's doctors says private health care will play a key role in helping the country's ailing public system. In his inaugural address, Dr. Robert Ouellet told the Canadian Medical Association yesterday that he envisions a mixed public and private health-care system. "The fact is that the private system exists and, like it or not, it is here to stay," Ouellet told hundreds of doctors gathered in Montreal for the CMA's annual meeting. "We need to accommodate it in order for the public system to prosper."

THE CANADIAN PRESS

Back to School pg 21

Cool clothes for classroom

Food pg 35

Tomatoes with buzz

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Man hit by train

A 60-year-old man is in hospital with life-threatening injuries after being hit by a train near the Eglinton GO station yesterday morning. The train blocked the Lakeshore tracks and held up travel on the Oshawa to Union line during the morning commute. TORSTAR NEWS SERVICE

Local

Cats' best friend dies

Hundreds of cats owe their lives to Joyce Smith, who took them in when no one else wanted them. Now their best friend and saviour is gone, throwing their fate into uncertainty again. Smith, 79, died on Monday, leaving more than 300 cats and 200 other furred and feathered residents of her Second Chance animal sanctuary in north Pickering in limbo.

TORSTAR NEWS SERVICE

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Tomorrow's Metro

Movies

Metro reviews The House Bunny, starring Anna Faris.

metronews.ca

What's online today.

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Lotteries

Lotto 6/49	3, 6, 9, 27, 28 & 36 Bonus 45
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Ontario Pick 3	659
Ontario Pick 4	0688
Encore	4789285
Daily Keno	1, 5, 6, 9, 13, 21, 24, 30, 32, 34, 35, 37, 51, 54, 56, 61, 63, 66, 67, 70

These results are not official.

GEOFF ROBINS/FOR METRO TORONTO

Michael Hogg, left, president of Hasbro Canada, Mayor David Miller, Mr. Monopoly, and MPP Laurel Broten display Toronto's Monopoly card yesterday at Ontario Place after the city was included in the new World Edition version of the game.

Pass Go and land on Toronto

MONOPOLY Toronto is swankier than the Polish seaport of Gdynia, but not as magnificent as Montreal, if a Monopoly board is any measure of city status.

Five million people voted in a worldwide poll to choose cities for the new World Edition Monopoly game board, to be released next week.

Montreal received the most votes and won the coveted position of Boardwalk, beating out London, New York and Paris. Toronto won the spot normally occupied by Virginia Avenue, among the middling magenta colours.

"Nobody lands on Boardwalk," said Mayor David Miller at a press conference yesterday at Ontario Place for the release of the board.

Hasbro Games listed 68 cities to vote on, but participants were allowed to suggest other entries, which put cities like Gdynia into play. TORSTAR NEWS SERVICE

Welcome to the neighbourhood

- Winning Virginia Avenue puts Toronto in interesting company. In the Spiderman 3 edition, Virginia Avenue was occupied by Peter's apartment; in the Disney Pixar edition, it was the Great Barrier Reef and Dora from Finding Nemo; in the Disney edition, it was The Little Mermaid.

City may peddle bikes

Rental program being proposed

Toronto is getting the wheels in motion to roll out a high-tech rent-a-bike program next year, not unlike a wildly successful one in Paris, says the head of the city's cycling committee.

"It will be announced sometime in the late fall and launched in the summer of 2009," Coun. Adrian Heaps said.

Heaps said Toronto plans to emulate the best aspects of programs in other jurisdictions and would include automated stations, with swipe-card access, with a subscription that would give access to a uniform style of bicycle "that is tried and proven around the world."

"It can be a one-speed or three-speed bicycle with a kind of mousetrap rack on the back where you can put books or a brief case," he added.

But other details are up in the air, he said.

"We need to determine where the best locations (for hubs) are. How many bicycles could work? Do we do it in the downtown core? Do we do it (where there are) subways and intermodal transportation hubs?" Heaps asked.

TORSTAR NEWS SERVICE

Sign of times

- Such programs are gaining in popularity around the world with the rise of gas prices and environmental consciousness. Launched just a year ago, Paris's Velib program already has more than 211,000 subscribers who have taken 31 million trips.

News in brief

PACKAGING City staff will propose new policies in November to curb the use of plastic bags, takeout coffee cups and polystyrene food containers, says Geoff Rathbone, the city's general manager of solid waste.

FIRE A 92-year-old woman is dead after a two-alarm fire broke out in a home on Kootenay Crescent, near Brimley Road and Lawrence Avenue East, just after 3 p.m. yesterday.

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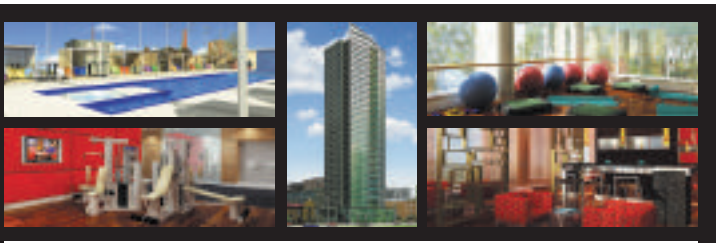

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Pedestrian succumbs to injuries
A 48-year-old pedestrian who was hit by a car while crossing Warden Avenue just north of Finch Avenue East Sunday morning has died in hospital. The victim's name is being withheld at the request of his family. He died Tuesday. TORSTAR NEWS SERVICE

No bail for Khadr bro

Abdullah Khadr, the eldest son in the infamous Khadr family, was denied bail yesterday after a Canadian judge ruled the 27-year-old was still a danger to society despite spending the last two years in jail.

Khadr will remain at the Toronto West Detention Centre while he awaits his extradition hearing to the United States where he faces terrorism-related charges.

Abdullah Khadr

In his ruling, Ontario Superior Court Justice Gary Trotter said the "gravity of the alleged offences" was difficult to dismiss.

"Mr. Khadr is alleged to have supplied weapons to a notorious and ruthless terrorist organization, with a proven record of killing innocent civilians on a massive scale," he wrote in the 25-page decision.

"I am hard-pressed to think of a more serious set of offences," wrote Trotter.

"I am hard-pressed to think of a more serious set of offences."
Justice Gary Trotter

Khadr is wanted in the United States for allegedly providing weapons to various members of al Qaeda for use against coalition forces in Afghanistan.

The defence had put forth an extensive release plan, which included an electronic monitoring bracelet, a $300,000 bond, living with his maternal grandparents, and working at the Salaheddin Islamic Centre.

Dennis Edney, Khadr's lawyer, said he was "disappointed" in the decision, but said the court's demands were "almost impossible to satisfy." TORSTAR NEWS SERVICE

Enza at Ribfest **Hunt for best BBQ**

AGF PHOTO/METRO TORONTO

Metro's own Enza Supermodel, who is a celebrity judge, checks out what's good at Ribfest at the CNE. Toronto's best barbecuers are back to compete for the title of Best Rib Recipe at the second annual event. Metro is the official newspaper sponsor.

News in brief

BLAST Premier Dalton McGuinty is criticizing apparent shortcomings in the inspection of large propane facilities in the wake of the fatal Downsview explosion. "Something didn't work, there's no doubt about that," the premier told reporters yesterday. Increasing the heat on the troubled Technical Standards and Safety Association, McGuinty conceded the industry-administered organization may have to be brought into the public realm.

CLEANUP The asbestos cleanup of the area rocked by last week's propane explosion should be done by tomorrow, but the city could be on the hook for as much as $1.5 million in costs. The city stepped in late last week after Sunrise failed to clean the residential neighbourhood near Keele Street and Wilson Avenue. Private contractors have been hired for the cleanup with one final sweep expected on Saturday. To date, the exteriors of 303 properties have been cleaned. TORSTAR NEWS SERVICE

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464 Danforth Ave.
199 Bay St. (Commerce Court)
130 King St. W
363 Front St. W (City Place)
5015 Yonge St.
5 - 500 Church St.
3 - 2610 Weston Rd.
1006 St. Clair Ave. W
25 Davenport Rd.

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10 - 80 Pertosa Dr.

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Heartland Town Centre
Square One
Winston Churchill & 401
Woodchester Plaza
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1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
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101 - 6200 Dixie Rd.

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6 - 25 West Beaver Creek Rd.
9301 Bathurst St.

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Cross-border electronic ID cards available this week

Starting this week, citizens of the United States and Canada will have easy movement through a 24-hour international border crossing at Shelby, Mont., with the newly installed and electronically read NEXUS identification card system. THE CANADIAN PRESS

Canada

Harper-Chrétien war goes to China

Chinese media have picked up on the war of words this week between Jean Chrétien and Stephen Harper over the prime minister's decision to skip the opening ceremonies of the Beijing Olympics. The story was teased on the front page of the English-language China Daily under the headline "Canada PM Flayed for Skipping Day 1" and was also featured on about a dozen Chinese news websites and various blogs yesterday. THE CANADIAN PRESS

Butts spoil shorelines

The plastic bag is often vilified as the prime polluter of the nation's coasts, but a recent survey has found cigarette butts are piling up on Canada's shorelines.

Butts, tens of thousands of them, are the No. 1 item recovered during the annual nationwide TD Great Canadian Shoreline Cleanup.

Eric Solomon, vice-president of conservation, research and education at the Vancouver Aquarium, said few Canadians seem to recognize butts, which harm marine life, as trash.

"Many people who would never throw, for instance, a plastic bag on the ground, would go ahead and toss a cigarette butt on the ground and step on it and leave it there," he said.

"Many people who wouldn't throw away a plastic bag leave a cigarette butt on the ground."
Eric Solomon

The group found only 18 per cent of Canadians believe butts are the top pollutant. Forty-nine per cent believe plastic bags are the biggest culprit.

During last year's cleanup, more than 270,000 cigarette butts were collected — two and a half times more than the next most common item, food wrappers. THE CANADIAN PRESS

Bike tour **Over many hills**

ROWAN YOUNG/METRO CANADA

Sam Fields, a Grade 9 science teacher from Tacoma, Wash., celebrates in Halifax yesterday after cycling from Victoria to Halifax for his 50th birthday. He flies home tomorrow.

Water taken for granted, report warns Ottawa

OTTAWA Canada's stores of fresh water are not as plentiful as once thought, and water shortages threaten to pinch the economy and create provincial divisions, says an internal report drafted last December by Environment Canada.

The report warns climate change and a growing population will further drain resources.

"We can no longer take our extensive water supplies for granted," it says.

It suggests the federal government take a more hands-on role in managing water, which is largely a provincial task right now.

The internal draft report says the government currently does not know enough or have enough data about the country's water to properly manage it.

Canada has a fifth of the world's fresh water supplies, but only 7 per cent of it is renewable. THE CANADIAN PRESS

News in brief

TEEN SEX Fewer teenagers, mostly women, are having sex, says StatsCan. In 2005, 43 per cent had intercourse daily, compared with 47 per cent in 1996. It's likely due to safe sex education and pregnancy and STI risks. THE CANADIAN PRESS

DION Liberal Leader Stéphane Dion touted his proposed carbon tax before a 1,000-strong crowd in Oakville, and said the plan also creates jobs, maintains energy efficiency and restores the manufacturing industry. TORSTAR NEWS SERVICE

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	Minimum purchase (before tax)	Fee	Minimum purchase (before tax)	Fee
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15-29 months	$299.00	$49.99	$299.00	$99.99
30-44 months	$299.00	$69.99	$999.00	$129.99
45+ months	$299.00	$99.99	$2999.00	$149.99

Twin car bombings kill a dozen in Algeria

Two car bombings killed a dozen people who worked for Montreal-based engineering giant SNC Lavalin Inc. in the Algerian town of Bouira yesterday. Another 15 employees were wounded, the company said. THE CANADIAN PRESS

CBC's sports channel ready for kickoff

SportsPlus must focus on Canadians and amateurs, not pros, CRTC says

The CRTC approved a new CBC sports specialty channel yesterday, but set strict rules that will limit its ability to carry audience-grabbing sports like hockey, basketball and football.

In its application for the new channel, CBC SportsPlus, the CBC said it planned to offer "programming dedicated primarily to the coverage and celebration of Canadian athletes, with a particular emphasis on amateur athletes." They offered to air a minimum of 25 per cent amateur sport.

The commission, in approving the proposal, said the CBC must broadcast at least 30 per cent amateur sports per week, limiting its pro sports coverage to 30 per cent of weekly broadcasts, and saying only 10 per cent could be high-profile sports like hockey, baseball, football, basketball, golf, soccer or tennis.

"It's a bit of a compromise."
John Levy

A number of broadcasters said the proposed channel was unfair competition and argued for some of the restrictions.

Score Media, for example, argued that pro sports coverage should be limited to 10 per cent of the broadcast week and that major sports be banned entirely. The commission didn't go that far, but John Levy, CEO of Score Media, still welcomed the conditions. He pointed out that the original application would have allowed SportsPlus to devote 75 per cent of its programming to professional sports.

"It's a bit of a compromise and I think it's not unreasonable," he said of the final decision. "I think it's a win-win." THE CANADIAN PRESS

'Most wanted' mobster gets boot from T.O.

ITALY A convicted mobster considered one of Italy's most wanted criminals has been extradited to Italy from Canada.

Italian Justice Ministry officials say Giuseppe Coluccio arrived in Rome yesterday and was taken to a top-security prison. Officials gave no further details, citing security concerns.

Coluccio, one of Italy's 30 most wanted men, fled the country in 2005 and was convicted in absentia on drugs, weapons and conspiracy charges.

He was arrested Aug. 7 outside a luxury lakeside apartment building in Toronto where he had been living.

Authorities believe he ran international drug-trafficking rings for the 'ndrangheta, a powerful organized crime syndicate based in the southern region of Calabria.

The ANSA news agency said the authorities believe that he maintained contacts with his Calabria-based associates from Canada. THE CANADIAN PRESS

Couple dines with floating coupon

BALLOON An Ontario couple has finally taken up an Ohio restaurant on an offer that arrived 15 years ago — by balloon. For its 1993 grand opening, Nicky's in Canton, Ohio, released balloons with attached cards good for a free dinner for two. One made it across Lake Erie and into the backyard of Margaret and Ken Savory, who were treated to dinner Tuesday night The owner said he was shocked they'd held on to the coupon for so long. THE ASSOCIATED PRESS

Sale ends Monday, Sept. 1st

the Bay
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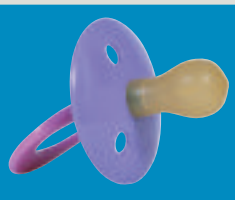
O.J. co-defendant makes last-ditch attempt at postponing trial

O.J. Simpson's only remaining co-defendant in his armed robbery and kidnapping trial, Clarence (C.J.) Stewart, has asked a judge to hold off on the Sept. 8 start until the Nevada Supreme Court considers his request for a separate trial. THE ASSOCIATED PRESS

World



Brazil boosts maternity leave

Government officials say Brazil's president will approve a law granting tax breaks to companies that expand paid maternity leave for employees. Women now are entitled to four months of paid maternity leave, with full wages; the new bill would give companies a tax break if they let new mothers have another two months off. The new law will cost the government about $500 million in uncollected taxes. THE ASSOCIATED PRESS

Madrid air crash kills 153

19 survive as Spanair plane goes down during takeoff

A jetliner heading to the Canary Islands crashed during takeoff yesterday, turning a wooded area off the end of a runway into a hellish scene. Some 153 were believed dead — Spain's worst air disaster in nearly 25 years.

Only 19 people survived the afternoon crash of the Spanair MD-82 at Madrid's Barajas International Airport, and some were in critical condition.

The airline said the plane carried 172 crew members and passengers, including two babies and 20 youngsters. There was no word on how many children died.

As smoke billowed from the wreckage, fire trucks and ambulances rushed to help, lining a nearby road and filling a field next to a swath of charred vegetation.

ELVIRA URQUIJO/THE ASSOCIATED PRESS

Lilit, only identification available, reacts after being told that her teenage children were not on the doomed Spanair flight.

"The scene is devastating," said Pablo Albella, an emergency rescue worker. "The fuselage is destroyed. The plane burned. I have seen a kilometre of charred land and few whole pieces of the fuselage. It is all destruction."

Rescuers rushed the few survivors to hospitals, while emergency workers shrouded the dead in white sheets. One body lay on burned grass, an arm and a leg poking out.

It was not immediately clear what went wrong. Development Minister Magdalena Alvarez, whose department oversees civil aviation in Spain, said the jetliner had barely gotten airborne when it veered right, crashed and broke into pieces.

Alvarez said investigators ruled out foul play and considered the crash an accident.

THE ASSOCIATED PRESS

G7 calls for aid for Georgia

RUSSIA The world's richest industrial countries called yesterday for increased economic support for war-torn Georgia. Finance ministers from the Group of Seven issued a joint statement pledging support for Georgia's economy, and urged other countries and institutions to assist them.

"We, the G7, stand ready to support Georgia in order to promote the continued health of the Georgian economy, maintain confidence in Georgia's financial system and support economic reconstruction," the officials said.

The United States has been leading the international response after fighting broke out between Russian and Georgian troops over Georgia's breakaway territory of South Ossetia.

THE ASSOCIATED PRESS

Death toll

- 64 Russian soldiers have been killed, 323 wounded.
- Georgian officials say 160 soldiers are dead, with about 300 missing.
- 1,492 civilians in South Ossetia have been killed, officials said yesterday,

News in brief

POLAND The United States and Poland signed a controversial deal yesterday to place a U.S. missile defence system just 185 kilometres from Russia, a move followed swiftly by warning from Moscow of a possible military response. Officials dismissed any suggestion the 10 missile defence interceptors represent a threat to Russia.

THE ASSOCIATED PRESS

Giuliani, Lieberman to speak at Republican convention

Former New York mayor Rudy Giuliani will give the keynote address at the Republican National Convention next month and Democrat-turned-independent Senator Joe Lieberman also will take centre stage at the gathering. METRO NEWS SERVICES

Hong Kong bars Gary Glitter

British glam rocker Gary Glitter, who served nearly three years in a Vietnamese prison for molesting children, was denied entry to Hong Kong after refusing to return to England, officials said yesterday.

Glitter flew to Hong Kong last night after staying in the transit area of Bangkok's international airport for several hours.

Gary Glitter

"The Chinese authorities have informed us that they have refused Paul Gadd entry into Hong Kong," a spokeswoman for Britain's Foreign Office said. Glitter's real name is Paul Francis Gadd.

"It's a matter for the Chinese authorities what happens next," she said.

A second Foreign Office spokesman said Glitter was interviewed by Chinese immigrations officials after arriving in Hong Kong.

Glitter was turned away "as a result of those interviews," the spokesman said.

Both officials spoke on condition of anonymity, citing official policy.

THE ASSOCIATED PRESS

News in brief

ENDANGERED Mexico has begun a $16-million campaign to save a highly endangered type of porpoise from fishing nets in the upper Gulf of California. Scientists say they believe the population of the vaquita marina has dwindled to 150 or less from more than 500 a decade ago.

MOURNING A gorilla at a zoo in Germany is refusing to let go of her baby several days after it died of unknown causes. A spokeswoman for the Allwetter Zoo in Muenster said the three-month-old male died Saturday.

CHINA Hua Guofeng, who briefly ruled China as communist founder Mao Zedong's successor, died yesterday at the age of 87, the state-run media reported.

THE ASSOCIATED PRESS

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BAA may have to sell three of its seven airports
Britain's competition watchdog said it may force airports operator BAA to sell three of its seven airports, including two in London, following criticism of the company for poor customer service, overcrowding and long delays. THE ASSOCIATED PRESS

Business

DOLLAR 0.02¢ C$ $94.23 US US$ $1.0612

OIL $114.98 US $0.45

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Quebec firm signs Wal-Mart deal

SALES Bathroom furniture maker Komet Manufacturers has signed a one-year agreement with Wal-Mart to distribute its Aquadis vanity kits in 400 stores across Canada.

The Quebec-based company also has signed sales agreements with Rona, Canadian Tire and Home Depot. THE CANADIAN PRESS

Clothing, food retail sales rise

SECTORS Retail sales were up in six sectors, with the strongest increases in clothing-and-accessories and food-and-beverage stores. Sales at furniture, home furnishings and electronics stores rose for the third month. New-car dealers suffered their fifth straight decline, down 3.1 per cent. THE CANADIAN PRESS

HMV Canada, Bell team up

Music stores to sell wireless products

Music retail giant HMV Canada is taking another step away from traditional CD sales with plans to carry Bell Mobility's wireless products.

The company has signed a deal to begin carrying Bell's mobile phones and data devices at seven Toronto-area locations.

HMV will then expand the Bell sales line across the country.

The latest announcement marks a further shift from the music sales platform that helped HMV build its name, and into broader multimedia and electronics product lines.

Over the past decade, CD sales have plummeted while popularity of the digital download surged.

Young consumers particularly have gravitated towards downloadable services like the iTunes music store online and illegal file sharing programs. THE CANADIAN PRESS

Changes

- HMV has reworked its store layouts to focus more on DVD sales, and digital music products like Apple's iPod.
- The company has 126 locations across the country.

N.L. expects $20B from Hebron deal

ROYALTIES Newfoundland and Labrador expects to gain $20 billion in royalties and up to 3,500 jobs from the Hebron offshore oil project. The province signed an agreement yesterday with an oil consortium outlining the benefits it will receive during the project's 25-year lifespan. THE CANADIAN PRESS

In brief

OIL FIRE A fire at Libya's the Ras Lanuf oil storage facility partly owned by Petro-Canada has been isolated to one tank and is not expected to hamper operations.

VISIT Shares of Suncor and Canadian Natural Resources rose amid reports that Warren Buffet and Bill Gates visited Alberta's oilsands this week. THE CANADIAN PRESS

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Seahawks QB Hasselbeck out with sore back

Seattle Seahawks quarterback Matt Hasselbeck did not practise again because of a stiff back yesterday, and he may also miss his second consecutive pre-season game against San Diego. THE ASSOCIATED PRESS

Sports

Rams' Jackson ends holdout

St. Louis Rams running back Steven Jackson, left, ended his holdout yesterday while his agent continues negotiations for a new contract. The 235-pound Jackson, a bruising runner and the centrepiece of the team's offence, is entering the final year of a five-year, $7-million US deal he signed as a first-round pick in 2004.

THE ASSOCIATED PRESS

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Yankees clobber Jays

Yankees 5 Blue Jays 1

The Toronto Blue Jays have the American League's top pair of starting pitchers, but the back end of their rotation is preventing them from making a serious playoff push.

Blue Jays rookie left-hander David Purcey showed he still has a long way to go to become a reliable major leaguer last night as he was rocked for five runs in four innings in a predictable 5-1 loss against the New York Yankees (67-59) before a crowd of 34,910 at the Rogers Centre.

J.P. MOCZULSKI/THE CANADIAN PRESS

New York Yankees Derek Jeter follows through on a two-run home run last night as the Yankees beat the Blue Jays 5-1.

While the duo of Roy Halladay and A.J. Burnett ranks first in the AL with 30 wins, the Jays (65-61) won't have an easy time going on a much-needed prolonged winning streak with the inconsistent Purcey (2-4) and Jesse Litsch (8-7) in the fourth and fifth spots in the rotation.

Coming off the finest performance of his young major league career — zero runs in six innings in a win in Detroit — Purcey was hit hard by the struggling Yankees, who would have fallen into a tie with the Jays for third in the wild-card race with a loss.

It was a terrible pitching matchup for the Jays as veteran Yankees left-hander Andy Pettitte (13-9) started for New York and held Toronto to just one run and five hits in seven innings. He threw 62 of his 83 pitches for strikes.

On the heels of Burnett's sterling 13-strikeout performance in a series-opening 2-1 win on Tuesday, Purcey opened the floodgates in the first inning, giving up three consecutive singles to start the game, leading to two runs.

The trouble continued for Purcey in the fourth when Derek Jeter hammered a high fastball over the wall in right to put the Yankees ahead 5-0.

THE CANADIAN PRESS

Sports in brief

MLB Seeking another option for their suspect bullpen, the New York Mets agreed with right-hander Al Reyes on a minor league contract yesterday. Reyes closed games for Tampa Bay last year, earning a career-high 26 saves in 30 chances. He was 2-4 with a 4.90 ERA in 61 appearances.

MLB The Washington Nationals acquired shortstop Anderson Hernandez from New York yesterday, completing Sunday's trade that sent right-hander Luis Ayala to the Mets.

MLB Ken Griffey Jr. hit one of Chicago's four homers to move into a tie with Sammy Sosa for fifth on the career list and the surging White Sox routed the Seattle Mariners 15-3 yesterday. Griffey's two-run drive in the second inning was No. 609 for his career.

THE ASSOCIATED PRESS

SCOREBOARD

MLB

YESTERDAY'S RESULTS

AMERICAN LEAGUE
N.Y. Yankees 5 **TORONTO 1**
Minnesota 3 Oakland 1
Chicago White Sox 15 Seattle 3
Cleveland 8 Kansas City 5
Boston at Baltimore
L.A. Angels at Tampa Bay
Detroit at Texas

NATIONAL LEAGUE
Milwaukee 5 Houston 2
N.Y. Mets 6 Atlanta 3
Philadelphia 4 Washington 0
Cincinnati at Chicago Cubs
Pittsburgh at St. Louis
San Diego at Arizona
Colorado at L.A. Dodgers
Florida at San Francisco

TODAY'S GAMES

AMERICAN LEAGUE
Kansas City at Cleveland, 12:05
N.Y. Yankees at **TORONTO**, 7:07
Minnesota at L.A. Angels, 10:05
Oakland at Seattle, 10:10

NATIONAL LEAGUE
Cincinnati at Chicago Cubs, 2:20
Colorado at L.A. Dodgers, 3:10
Florida at San Francisco, 3:45
Washington at Philadelphia, 7:05
Atlanta at N.Y. Mets, 7:10
San Diego at Arizona, 9:40

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	5	3	0	10
TORONTO	3	5	0	6
Hamilton	2	6	0	4
Winnipeg	2	6	0	4

WEST DIVISION

	W	L	T	PTS
Saskatchewan	6	1	0	12
Edmonton	4	3	0	8
Calgary	4	3	0	8
B.C.	4	3	0	8

WEEK 9

TOMORROW'S GAME
Saskatchewan at Edmonton, 9

TOMORROW'S GAME
Calgary at B.C., 10:30

SOCCER

GAMES FEATURING TORONTO FC:

SATURDAY'S GAME
New England at **TORONTO**, 7:30

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Bell having a laptop just got better

Dolphins trade cornerback to Browns

The Miami Dolphins traded cornerback Travis Daniels to the Cleveland Browns yesterday for an undisclosed draft pick. Daniels played in all 16 games last season for Miami, including five starts. He had 27 tackles and an interception. THE ASSOCIATED PRESS

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Jamaica ties Canada

Canada 1 Jamaica 1

Canada gave up an unlikely goal and dropped two valuable points in a 1-1 tie with Jamaica in a World Cup qualifying soccer match last night.

The Canadian men have five matches remaining — three of which are away — in this penultimate round of qualifying in the CONCACAF region and can ill afford to squander points on home turf.

Jamaica secured the tie in the 52nd minute before 21,978 at BMO Field on a bending Andrew Williams corner that seemed to handcuff the normally reliable Pat Onstad, who appeared to knock the ball in himself. A torrent of flying streamers from the stands didn't bother the Jamaican midfielder, who took the corner quickly and was surprisingly and richly rewarded.

Onstad recovered to acrobatically paw away a Williams free kick minutes later.

Canadian midfielder Julian De Guzman opened the scoring in the 47th minute when he hammered the ball home after Tomasz Radzinski sent a feathered header his way from a high cross that Donovan Ricketts couldn't reach.

THE CANADIAN PRESS

RENE JOHNSTON/TORONTO STAR

Canadian Adrian Serioux flies to the ball behind Deon Burton of Jamaica at BMO Field last night. The game ended in a 1-1 draw.

England get late goal to tie Czechs

SOCCER David Beckham fed Wes Brown for England's first goal, and Joe Cole scored in injury time to give England a dismal 2-2 tie with the Czech Republic in an exhibition game yesterday.

In other European action Italy rallied from a two-goal deficit to tie Austria 2-2 in an exhibition game.

Greece defeated Slovakia 2-0, Croatia edged out Slovenia 3-2, Germany beat Belgium 2-0, Scotland and Northern Ireland tied 0-0. France downed Sweden 3-2, Ireland and Norway tied 1-1, Portugal crushed Faroe Islands 5-0. Recent Euro champions Spain dominated Denmark 3-0. Russia and the Netherlands tied 1-1.

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Athletics

Gary Reed of Kamloops, B.C., placed third in his opening-round heat in the men's 800 metres yesterday in Beijing in one minute, 46.01 seconds and qualified for the semifinals. THE CANADIAN PRESS

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Save the judging for reality TV shows

Taekwondo scandal that cost Canadian a medal shot highlights Olympic problem

YorkReport

Marty York

marty.york@metronews.ca

Just as I was beginning to really enjoy the Olympics again — just when Canadian medallists Simon Whitfield and Priscilla Lopes-Schliep had me feeling almost as enthusiastic about the Games as I was during my childhood — this scandalous taekwondo nonsense surfaces in Beijing.

The fiasco hit me hard, almost as hard as one of those body blows that supposedly scores points for taekwondoers but mysteriously didn't for B.C.'s Ivett Gonda in her match against Sweden's Hanna Zajc.

A medal hopeful entering the Games, Gonda received no points from the judges and lost. And then her obfuscated coach appealed the judges' decision. And then I remembered something I loathed about the Olympics.

Judges.

They were right up there alongside my other Olympic pet peeves — steroid use, political propaganda, stupid television coverage and corrupt governing bodies.

But as Whitfield soared to silver in the triathlon and as Lopes-Schliep leaped to bronze in the 100-metre hurdles — and while the Beijing Games seemed devoid of anything on my hate list — I actually started to like watching the Olympics again.

And then the taekwondo judges went and spoiled it all by doing something stupid like screwing over Ivett Gonda.

The appeal was rejected, of course, and Gonda was officially eliminated. "I was ripped off," she lamented.

It's a claim Olympians make far too often. In 2002, remember, Canadian figure skaters Jamie Sale and David Pelletier were deprived of their due rewards by judges at the Winter Olympics until public pressure prompted a rare revision and they garnered gold. Gonda wasn't as lucky, and she's peeved.

Frankly, I don't know if Gonda was shortchanged or not because I don't know taekwondo from tiemy-shoes. But I certainly know judging is subjective and consequently leaves itself open to second-guessing, conspiracy allegations and appeals. Which make a mockery of the Olympics.

ADRIAN WYLD/THE CANADIAN PRESS

Ivett Gonda of Port Moody, B.C., left, was heavily favoured in her women's 49-kilogram round of 16 taekwondo match against Hanna Zajc of Sweden, but lost in a controversial judging decision.

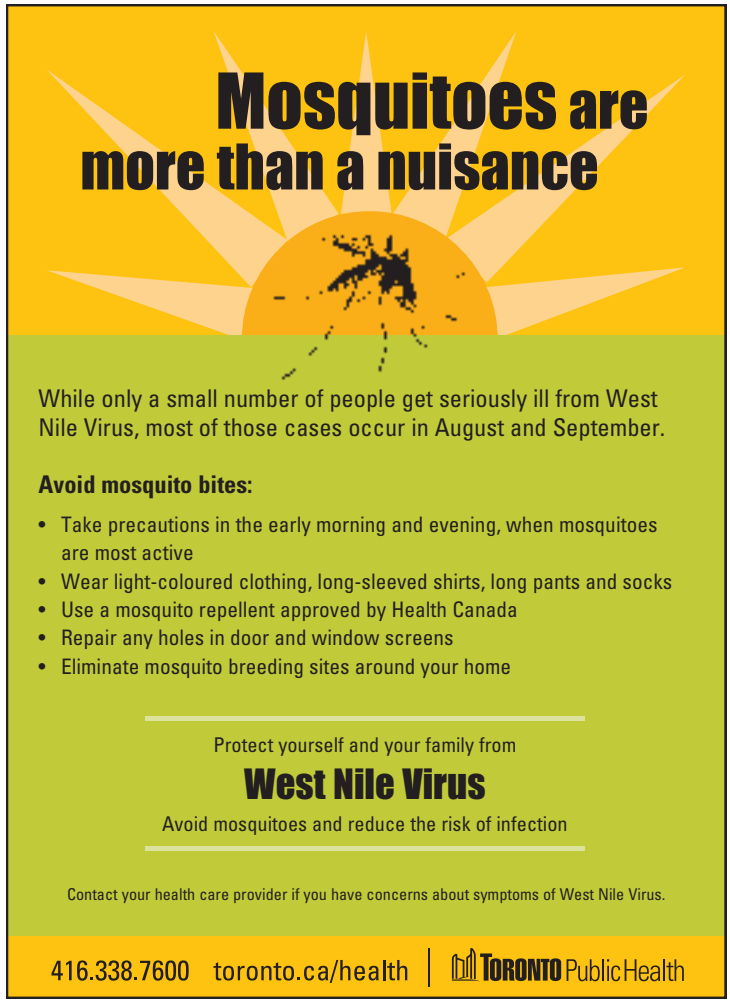
It is time, simply, to abolish sports that include judging. If a sport's results aren't obvious — if you haven't scored more goals or more points than your opponents or you haven't beaten them to the finish line — dump it.

Olympic brainiacs are dropping softball and baseball. Dumb, eh? These are sports whose winners are easily discernible.

But taekwondo? Who knows what's behind judges' decisions? Ditto for boxing. And fencing, and trampoline, and gymnastics. And figure skating.

Dump them all. Let me enjoy the Olympics again.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.



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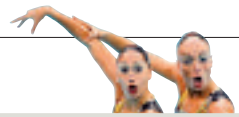

Synchronized swimming
Marie-Pier Boudreau Gagnon of Riviere-du-Loup, Que., and Isabelle Rampling of Burlington, Ont., left, placed sixth in the final yesterday in Beijing. Russia's Anastasia Davydova and Anastasia Ermakova took gold. THE CANADIAN PRESS

Beijing Games

Canada crashes out in softball

SOFTBALL The future of the Canadian softball team at the Olympics would be bright, if only the future of the sport itself wasn't so bleak.

The young Canadian squad that finished fourth with a 5-3 loss to Australia yesterday is loaded with young talent which now has Olympic experience.

That won't do any good at the next Games because softball isn't even on the program.

The International Olympic Committee dropped it and baseball for the 2012 Games in London. Both sports have applied for reinstatement for 2016.

Japan and defending champion U.S. meet in the gold-medal game today in a rematch of yesterday's Page playoff between the top two seeds. The Americans won 4-1 in nine innings.

After beating Canada, Australia fell 4-3 in 12 innings to Japan in the semi-final and took the bronze medal. Canada's fourth-place finish was its best at the Games. Canada was fifth in 1996 and 2004 and eighth in 2000.

THE CANADIAN PRESS

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'Lightning' Bolt storms to 2nd gold

Jamaican star sets world record in 200m

A sprint double was all too predictable. To make the Olympics perfect, Usain "Lightning" Bolt added a world record double yesterday by winning the gold medal in the 200 metres.

Already well ahead coming off a tight bend that was supposed to be his only challenge, the Jamaican didn't coast for the first time in the Games and bettered the world record of Michael Johnson — one that even the track great considered still out of reach.

With his time of 19.30 seconds, he sliced .02 seconds off the mark dating to the 1996 Atlanta Games. He also cut his personal best by a massive .37 seconds.

"I'm shocked. I am still shocked," Bolt said. "I have been aspiring to the world record for so long."

Bolt won by the biggest margin since the 200 came on the Olympic scene 108 years ago. In a sport dominated by hundreds of seconds, he beat the field by two-thirds of a second.

CLIVE BRUNSKILL/GETTY IMAGES

Usain Bolt of Jamaica reacts after breaking the world record with a time of 19.30 seconds to win the gold medal in the men's 200-metres final yesterday at the Beijing Olympics.

OnlineVideos metronews.ca

"Everything came together tonight and I just blew my mind and blew the world's mind," he said.

Shawn Crawford took silver in 19.96, while fellow American Walter Dix got bronze in 19.98.

THE ASSOCIATED PRESS

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Baseball
In what is likely his final game for Team Canada, Stubby Clapp of Windsor, Ont., left, belted a home run and scored twice as Canada ended their tournament with a 6-5, 12-inning loss to Chinese Taipei. Canada finishes with a record of 2-5. THE CANADIAN PRESS

Beijing Games

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Kobe powers U.S. into hoops semis

BASKETBALL Kobe Bryant scored 25 points in his best game in Beijing, and the men's U.S. Olympic team advanced to the semifinals by beating Australia 116-85 yesterday.

Kobe

The United States will play defending champion Argentina tomorrow for a spot in Sunday's gold medal game.

The Argentines slipped past Greece 80-78 yesterday.

Pau Gasol scored 20 points to lead world champions Spain to a 72-59 win over Croatia in another quarter-final to set up a date with. Lithuania, which eliminated China with a 94-68 win.

THE ASSOCIATED PRESS

Sports in brief

ATHLETICS Melanie Walker of Jamaica won the gold medal in the women's 400-metre hurdles yesterday in an Olympic record time of 52.64 seconds. Sheena Tosta of the U.S. took silver in 53.70 and Tasha Danvers of Britain got bronze in 53.84.

HEPTATHLON Lyudmila Blonska of Ukraine is under investigation for a positive doping test and could be stripped of her Olympic heptathlon silver medal. THE ASSOCIATED PRESS

Medal count

Rank	Nation				Total
#1	U.S.	26	28	28	82
#2	China	45	14	20	79
#3	Russia	13	14	18	45
#4	Britain	16	10	11	37
#5	Australia	11	12	13	36
#6	France	4	12	14	30
#7	Germany	11	8	9	28
#8	South Korea	8	10	6	24
#9	Japan	8	6	9	23
#10	Italy	6	7	7	20
#11	Ukraine	5	5	8	18
#12	Netherlands	4	5	4	13
#13	Canada	2	6	5	13

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Back To School

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SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Head of the class

RAFAEL BRUSILOW
for Metro Canada

The start of the school year is almost here, so it's time to make sure your wardrobe isn't stuck in last year's classroom regalia.

GAP Inc. spokesperson Tara Wickwire says polo shirts are more prevalent than ever this season, with jumpers and graphic T-shirts similarly popular. A layered look is key — remember to mix and match different pieces of clothing effectively to create a look that combines different colours with patterns like plaid and argyle.

"Take advantage of the opportunity to express your individual style," she said.

As for younger students, Wickwire says the line is blurring between generations. "A lot of trends we see for adults are reflected in kids' fashion," she said.

Girls are moving away from revealing clothes and embracing the colourful, relaxed style of hit TV shows like Gossip Girl, Wickwire says.

"For girls, we're seeing a Bohemian trend with floral print dresses, cord pants, berets and bright shades. It's a refreshing change," she said.

Robin Keeler, fashion director at the Yorkdale Shopping Centre in Toronto, suggests being picky about colours to keep your wardrobe focused.

"Stick with a few colours — don't have every colour in the rainbow in your wardrobe. You can mix and match a few colours easily to maximize the wardrobe," Keeler said.

Denim jeans and zip-front hoodies are staples that won't go out of style anytime soon and can fit into just about any look. Blouses and cardigan sweaters are also hot this season.

"Cardigans are very, very hot. If they're oversized, they're really comfy and warm. You can wear them with a skinny belt for a very cute look," Keeler said.

For the guys, everything starts with relaxed-fit jeans. Cargo pants are also a great choice and graphic T-shirts are always in style. Particularly hot this season: Leather jackets are making a comeback due to their versatility.

"A great leather jacket is something you can get a lot of wear out of," Keeler said.

Hoodies are an even greater fashion piece for guys as they always look good on men and happen to be highly functional, Wickwire said.

Don't let your wardrobe stress you out though, Keeler says. Check your closet thoroughly and only spend big bucks on things you know you'll use often.

"See what still works, so you know what trendy pieces you have to work with and prioritize what items you need to get. Spend the most money on things you'll wear the most," Keeler said.

Tie, $19.50; short-sleeved dress shirt, $19.50; and cotton sweater vest, $19.50. All at Old Navy.

A layered look from Old Navy: Women's sweater vest, $24.50; roll-sleeved dress shirt, $24.50; and preppy punk tie, $19.50.

This look incorporates one of this season's hottest items: The leather jacket ($227 at Yorkdale Mall's Bebe).

Hoodies — like this yarn dye stripe knit hoodie, which is $29.80 at Yorkdale's Urban Behavior — are hot items for back to school.

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Back to cool

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Shirt Dress (comes in burgundy and pink), $19; and charcoal School-girl Jumper, far right, $16. Both available at Joe Fresh, joe.ca.

Hannah Montana hooded Tee, $19.97. Available at Zellers, zellers.com.

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Get mobile
The Nokia 5310 XpressMusic mobile phone, left, is small enough to fit in a pencil case. Features include a music chip that provides 18 hours of music and a video recorder. Available at Rogers Wireless for $69.99 with a three-year term. METRO NEWS SERVICES

Getting in gear

Items aimed at students include laptops, cameras

RICK McGINNIS
rick.mcginnis@metronews.ca

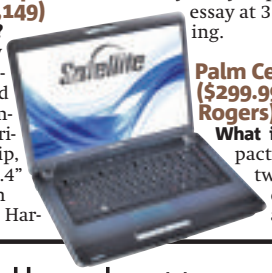
Dell Inspiron 1525 laptop ($499.99-$999.99)

What is it? Dell's student-priced laptop, with a 15.4" widescreen LCD and anywhere from an Intel Celeron 540 chip to a Core 2 Duo T7250. Also, some flash graphic designs on the lid and a MacBook-inspired matte silver finish.

What works? College life today is about travelling light and since you don't want to be hauling a DVD player into residence, the 1525 has an HDMI port to output to an HD screen. Not that its regular screen is shabby — easy to view from most angles without greying out its blacks, it's a fine movie and gaming PC.

What doesn't work? It's a heavy beast — weighing in at 6 lbs. at its lightest configuration — and the speakers are weak. You'll need headphones or accessory speakers if anyone more than a couple of feet away is going to hear anything. Also, no pre-installed MS Office suite — you're going to have to spend extra to use it to write essays.

Toshiba Satellite A300 laptop ($849-$1,149)



What is it? A glossy black laptop based around Intel's Centrino duo chip, with a 15.4" widescreen LCD and a Harmon Kardon sound system.

What works? Fully-featured, with MS Office and an HDMI output for movie nights, it's a fast machine thanks to the Centrino chipset and its relatively tiny speakers push out impressive sound.

What doesn't work? Viewing angles on the LCD screen are tight and blacks glare out at the edges of the image if you aren't dead centre.

Kodak ESP3 all-in-one printer ($129.99)

What is it? The low end of Kodak's all-in-one consumer printer/scanner line, a compact, low-profile unit meant for the home office.

What works? Kodak's makeover of its product line has resulted in a slick little black unit in a market filled with clunky off-white boxes. Setup is quick and tidy and all of the ESP3's functions are easy to access. Add Kodak's low-price inks and you've got a lot of bang for the budget.

What doesn't work? It might look sleek, but it's loud — you'll definitely wake up your roommate if you try to print off your essay at 3 in the morning.

Palm Centro ($299.99 with Rogers)

What is it? A compact cross between a media cellphone and a PDA meant for text-happy youth with a touch screen interface.

What works? The Palm OS is simple and intuitive and the full QWERTY keyboard will make messaging suddenly effortless for anyone used to texting on a numerical keypad. Think of it as a PDA with training wheels — and easy Facebook accessibility, which is not something your average BlackBerry user looks for.

What doesn't work? The keyboard is tiny, but when you graduate to a full-sized PDA phone you'll feel like you've left the woods for wide open spaces. Touch screen functionality is partial — you'll need to click and select. And would it have hurt to have a couple of games? No Minesweeper, never mind Solitaire.

Olympus E-420 digital SLR with 14-42mm zoom lens ($579.99)

What is it? Olympus' entry-level digital 10 megapixel SLR, with a compact wide-to-standard zoom.

What works? For some reason, there are more and more young people walking around with SLRs around their necks, seemingly having graduated from pocket-sized point-and-shoots in search of more control over their picture taking. The E-420 is a good place to start — light and compact, but with a decent set of SLR features. Controls are well-placed, and anyone used to snapshot camera kludginess will feel liberated by the responsiveness of a real SLR — it's a great first camera for photo students, with access to Olympus' fantastic range of lenses.

What doesn't work? The control wheel on the top can only do so much — you'll need to dig into the menus to disable the automatic flash, for instance, if you want to work in available light; a "flash off" button, found on most point-and-shoots, would have been nice. SLRs add options, but some could have been more upfront.

Panasonic Lumix DMC FS3 digital camera ($199.99)

What is it? A solid little budget snapshot camera with a smashing little Leica lens on the front and an 8.1 megapixel chip and a 2.5" LCD screen.

What works? Panasonic's Intelligent Auto picture mode is smart and flexible, and handles low light situations with relative ease. The screen is bright and sharp and the shooting modes — including a 16:9 panorama — useful for scenic shots when travelling.

What doesn't work? While most camera makers are moving toward minimal interfaces, Panasonic still packs their cameras with buttons and switches, which can make for clumsy handling on such a tiny camera. The easy zoom button, while useful — it quickly snaps the lens into a close-up — is close enough to the shutter to get tapped while framing a shot.

Hot accessories

Here's a word to Google: Monopoly. It's more than a game and while a lot of people will say it's a bad thing, at least you don't have to worry about half a dozen competing word processing programs — Microsoft Word stands alone in its field and your profs won't appreciate you handing in your term paper in Lotus Word Pro. The **Office Home and Student suites for Mac** ($199.95) or **Windows** ($99.99) has Word, in addition to Excel and PowerPoint. The Mac version also includes Entourage and Messenger, while the Windows version adds OneNote.

Microsoft also makes a wide range of quality peripherals, including the **Wireless Notebook Optical Mouse 3000** ($49.99), a compact unit that stores its wireless dongle in its base when not in use. It's a worthwhile investment if you want to make it to your junior year without a hand that persistently hovers, bent at the wrist, in front of your chest, the result of thousands of hours jabbing at your laptop's touchpad.

There are a lot of laptop bags on the market, most of which look like the sort of nasty stuff hippies drag into hostels all over Europe. Belkin made its name with stylish computer peripherals and accessories and their computer bags are clean and stylish and come in a variety of colour combinations. The **Slim backpack** ($49.99) and the **Ceylon messenger bag** ($49.99) sport at least a dozen useful pockets for everything from pens (yes, you still need them) and mp3 players without looking like an old pair of cargo pants.

— RICK McGINNIS

Smaller, better music gadgets make the grade

RICK McGINNIS
rick.mcginnis@metronews.ca

Once upon a time, move-in day at university residences meant sweating parents helping their kids lug milk crates of records and/or dense boxes of CDs up worn stairs to their rooms.

The digital age has made that image as quaint as glee clubs and those ponderous and heavy music collections can be stored on mp3 players the size of a deck of cards. Count yourself lucky, you perfidious little music thieves.

Belkin's line of iPod and mp3 accessories includes the **TuneTalk** ($69.99), a quality stereo microphone attachment for nearly every model of iPod that lets you record lectures directly onto your player and download them onto your computer, elegantly replacing a voice recorder in your bag. That's one less thing to carry around, forget or lose — a big plus in an age when the student lifestyle resembles nothing so much as a well-subsidized hobo.

The RockStar, by Belkin.

Belkin also makes the **RockStar** ($19.99), a simple but handy device that lets you and up to four friends listen in on your playlists, or mix between the two by subtracting one pair of headphones and plugging in another player with the added cable.

Microsoft's Zune encourages musical networking with its Social online software that allows Zune owners to connect around their musical tastes. It began as a punchline, but Seattle's challenge to Apple's iPod became a solid piece of hardware by its second generation — though Zune's software still has limitations compared to iTunes, the players are actually more solid and reliable than the iPod.

The **Zune 8 GB player** ($179.99) is Microsoft's nano, with a smoother interface and better sound. And since stereo wars are still thriving in residences, you might want to invest in the **Zune Home A/V Dock** ($79.99), which connects your player to any sound system or TV and has a remote that's also a lot more usable than its Apple counterpart.

The marvel of noise-cancelling headphones isn't just that they work, but that they work so well. Panasonic's **RP-HC500 headphones** ($199.99) silenced a construction site and a bustling food court at lunchtime to a hushed whisper while delivering rich, detailed music — something to think about when you're needing refuge from your roommate's beery hooking up in the other room every weekend.

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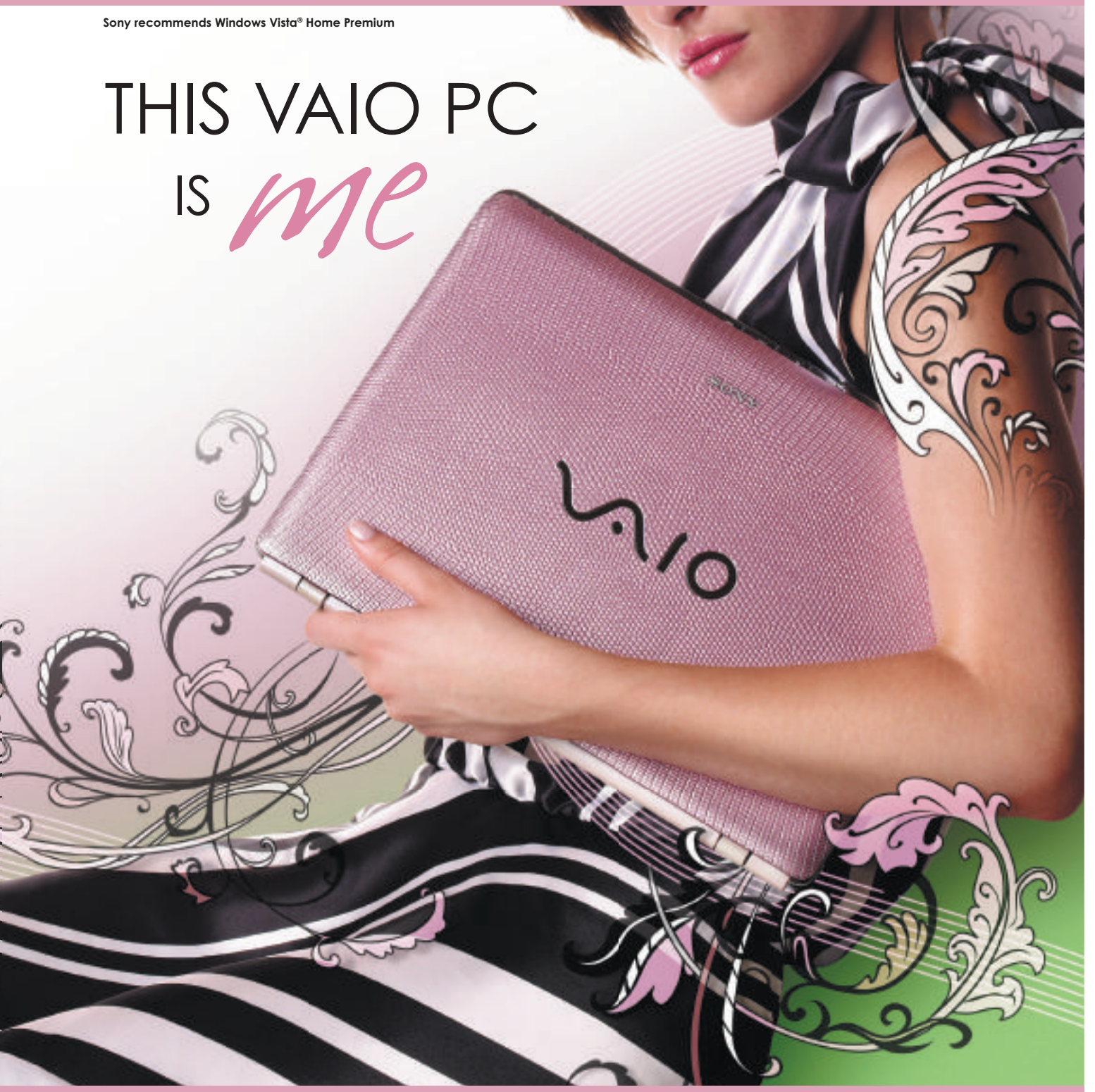

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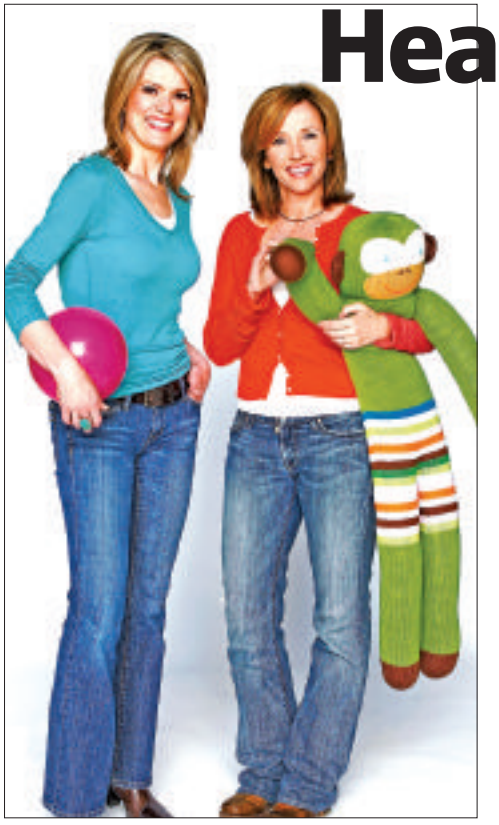


The Mom Show co-hosts Catherine Marion, left, and Laurie Gelman say processed foods should be avoided whenever possible.

Healthy lunches possible

Preparation key in getting kids to eat right at school

RAFAEL BRUSILOW
for Metro Canada

Back-to-school season means more meals eaten on the move, but good nutrition doesn't have to feel like homework at all.

Laurie Gelman and Catherine Marion, co-hosts of The Mom Show on the Slice network, suggest a balanced diet that touches on all the food groups is important and processed food should be avoided whenever possible.

"People eat so much processed food — it's been the bane of 21st-century existence," says Gelman. "You wouldn't put crappy gas in your car, so don't put crappy food into your body!"

Marion says to avoid cold cuts, which can be extremely high in salt and usually include large quantities of preservatives, and deliberately make enough home-cooked meat to have leftovers for later.

"Instead of cold cuts, take ham, roast beef or chicken and make extra to put on sandwiches," Marion said.

You don't have to eat like a monk all the time, however. A little indulgence, such as a piece of dark chocolate, can go a long way.

"Don't deprive yourself. You don't want to hate lunch," Gelman said.

Regardless what you eat, the most important thing is to make sure you're not eating too much of it either.

"Portion control is always a big one. Your body doesn't realize it's full until 20 minutes after eating. Eat slowly because you'll end up eating less. My theory is: Unlimited fruits and vegetables, everything else in moderation," Gelman said.

"Don't deprive yourself. You don't want to hate lunch."
Laurie Gelman

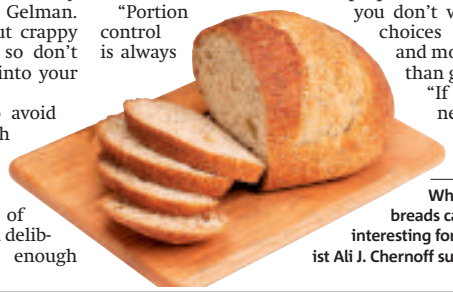
To help kids keep a healthy eating regimen during the school year, preparation is key because you don't want bad food choices to be easier and more convenient than good ones.

"If something needs to be peeled, they won't choose it. The best strategy is to have the fridge and cupboard stacked with healthy things like tons of fruits and veggies, but they have to be ready and prepared," Marion said.

Nutritionist Ali J. Chernoff suggests getting your kids involved in choosing and preparing meals to maximize their enjoyment of good food.

"If the kids are old enough get them involved in food preparation, from grocery shopping to making their own lunch. This way you're guaranteed they will eat because of their input," Chernoff said.

Kids love dipping things, Chernoff says, and you can make scrumptious, healthy dips by mixing vanilla yogurt with some cinnamon or combining dehydrated soup mix with plain yoghurt. Make sure to include a variety of breads like pitas, whole wheat buns, seedy breads or high-fibre crackers to keep meals interesting, Chernoff said.



Whole wheat breads can keep meals interesting for kids, nutritionist Ali J. Chernoff suggests.

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28 back to school

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Big Foot Calculator, $8.38 at Staples, staples.ca. Comes in various colours.

USB key (2GB) by SanDisk, $14.99. This Cruzer Pattern is also available in grey (1GB) for $9.99 at Staples and sandisk.com.

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You've got the barbecue fired up, and you're relaxing in your gorgeous backyard with a drink and a couple of good friends. But wait — where are the tunes?

Your outdoor space isn't complete without music, but please don't get mighty speakers that show off their heft like a Harley.

We like good-looking, unobtrusive outdoor speakers that blend in with the décor — after all, these pieces of hardware should be heard but not seen. (We don't like speakers on a table for the same reason. No matter how high quality, they're not a centrepiece.)

So avoid contrasts that draw attention to the speakers. Mount them in a discrete location under the eaves; on an outdoor wall above a deck or patio; or from a porch ceiling, for instance.

Algonquin Outdoor Speakers produced by Dwight, Ont.-based Axiom Audio are designed to blend in with your walls, stucco or soffit colours.

They come in a series of tough, automotive-style enamel finishes, namely Arctic White, Almond Bisque, Cape Cod Grey and Spiced Rum.

And if these colours don't match your outdoor walls or porch ceiling, you can bring in a sample of what you wish to match and the company will replicate it for an extra $59.

When you're positioning outdoor speakers, you should also take Mother Nature into account — the devices are weatherproof, but where possible it makes sense to mount them somewhere that's sheltered from heavy rains, high winds and excessive snow accumulation.

You'll also want to consider that when you're lounging outdoors, you won't want to traipse indoors to turn up the volume, So remember to install controls outside the house (i.e. in addition to those on the indoor stereo system).

You can either put a volume control box somewhere on the outdoor part of the line, or invest in a remote controller, which lets you turn the unit on or off, change the volume or switch stations.

Keep in mind that poor quality, tinny-sounding speakers can ruin the whole appeal of listening to music while sitting on the deck or porch.

You can get a set of speakers for $100, but Colquhoun thinks it is "pretty close to impossible to get good sound" out of speakers in this price range.

AXIOM AUDIO

Algonquin speakers by Axiom Audio, *axiomaudio.com*, come in a range of colours so they blend in seamlessly with outside décor. For an extra fee, Axiom can also do a custom colour match.

Mounting outdoor speakers

Ian Colquhoun, president and chief designer of Axiom Audio, *axiomaudio.com*, offers the following advice on positioning speakers to get the best sound:

- Mount stereo speakers in a triangular pattern if possible, so listeners are flanked diagonally by speakers.
- The distance between speakers — and between listeners and speakers — should range from eight to 15 feet.
- Do not mount speakers facing each other.
- Do not mount the speakers on separate sides of the house — they're stereo speakers that are both required to send the full sound spectrum to your ears.

Tammy Schnurr and Jeffrey Fisher are hosts of Arresting Design on W Network.

Weathering latent defects in your newly bought home

LegalMatters

Q We recently purchased a detached house. The neighbours soon stopped by to welcome us, but also said the former owners had problems with their flat roof leaking after heavy rains. Had they told us this? Of course not! Sure enough, this rainy summer has brought on a dripping kitchen ceiling. What's our recourse?

A This problem isn't uncommon when it comes to older houses in a mature urban market. Even if you had a home inspector look at the roof and drywall inside the home, the leak may have stayed hidden because it had been fixed and there had been no heavy rains since. Our firm has at least two to three clients every year with this problem.

The big question is, how do you proceed once you've found the defect?

First, you must be able to prove it was a pre-existing condition. This isn't much of an issue as neighbours provided oral proof that your vendors had issues with the roof in the past.

Second, the leaks must have been an ongoing problem. The third component is that the vendors did not divulge the problem — or they hid the defect — during the sale process, then walked away without adequately addressing the leak. This is a classic "latent defect scenario."

The next hurdle is how do you approach it? This is usually the time to get your lawyer involved and explain the issue in detail. He or she should at least give you initial advice with respect to the leak.

However, your lawyer may then tell you this falls outside of the scope of your initial retainer and that latent defects do not fall within the set fee you've been charged to complete the transaction.

You'll likely have to pay an hourly rate to pursue the former owners, pushing the cost of your new home well beyond your initial estimate.

More complications can easily arise. The former owners may no longer live in your city and are hard to find. Their lawyers may be entirely unco-operative, so your only recourse is to take the vendors to court, which is a costly and cumbersome process.

How do you avoid all of this? Asking questions before closing goes a long way, but if a vendor is determined to hide a latent defect, you may wind up with a hefty roofing bill you weren't expecting.

Jeffrey D. Cowan is the principal of Cowan & Taylor, Barristers & Solicitors, jeff@cowanandtaylor.com. The information in this article should not be relied upon as legal advice.

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Keeping it simple is the key

CAREFUL!!! Theming is an area of grave C and J concern! Who, after all, wants to live in a Disney-inspired fantasy with fake castellation instead of Crown moulding, car seats instead of sofas and sand on the floor in place of carpet?

OK, so you adore everything medieval, you love rally driving and you want to be forever reminded of that last Thailand holiday … but being too literal is NOT the answer.

It's all very well to be inspired by Thailand, adding Asian influences — such as sand coloured walls rather than real sand on the floor — or a few medieval tapestry cushions rather than turning your space into Chez Robin Hood, but come on, slow down!

Similarly, if you're a car buff, a couple of racing green pillows or a framed Le Mans print might be ample seasoning to remind you of the track.

The rules are simple — AVOID coffee tables made from car gear shafts or starter flag curtains! "Dinosaur design" such as this

is a recipe for disaster. Remember Trading Spaces and Brit' folly Changing Rooms?

We rest our case.

Careful furniture selection avoids costly mistakes

Heed our decorating mantra: Less is more. Never was it more relevant than here, because most 'themers' simply can't stop and purchase every item they see that hints at a favoured mood.

Our advice is to ONLY choose items that properly coordinate with other elements in your space, so your home doesn't end up resembling a theme park souvenir shop!

The acceptable face of themed rooms

If you love the ocean, for example, perhaps a cruise theme could be good — but don't go crazy with tunnel shaped coffee tables and ship-type clocks!

Instead, be inspired by the beauty of teak 'deck' finishes or classic art deco lines; perhaps a couple of Odeon sofas are all you need.

If you fancy recreating the feel of a gorgeous country house, don't slavishly try to recreate Buckingham Palace in miniature or your room will look silly.

If you fancy recreating the feel of a gorgeous country house, then don't slavishly try to recreate Buckingham Palace in miniature or your room will look silly.

Opt instead for carefully selected antique pieces such as Bergere chairs, then add an over mantle and period accessories to seal the deal.

If you like travel, then freely indulge your project with a global feel by opting for dark rattans, touches of leather and perhaps an antique globe.

However, for the love of all that is right and just, steer clear of desks made from travel chests, framed passports as 'art work' and a dozen clocks set to different world times.

Kids Rooms

To avoid expense, middle ground is a great compromise. Rather than adding beds in the shape of fairytale castles or pirate boats, opt instead for themed linens or inexpensive bedside lamps. Or frame up advertising posters that can be changed on a whim.

Selecting a neutral background will allow you to piece in new looks as your little one's tastes change.

Or default to a beloved easy change accent wall to allow you to elicit an entire new direction with a $30 pot of latex.

Less is more

It's a tried and tested maxim, but it simply doesn't fail. Too much of a potentially good thing will make your themed room go bad. Fact.

Exercise a little restraint … and we'll see you next week!

Colin & Justin's The Home Show airs Tuesdays at 11 p.m. and Saturdays at 4 p.m. ET on HGTV. hgtv.ca

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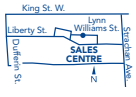

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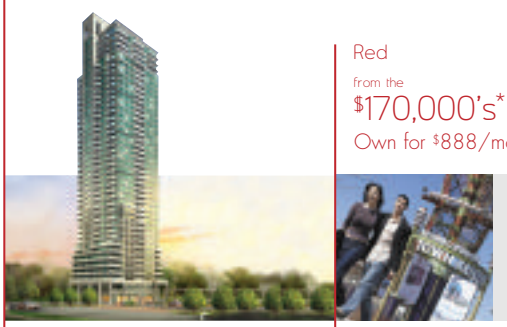

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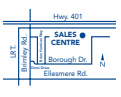

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Monarch

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Canning because you can

To Amy Hobbs Harris, a dozen jars of strawberry preserves are worth $391 — the amount she estimates she'll save in a year by canning the fruit herself. Not that she normally would spend that much on jam.

But the savings add up once she factors in other uses — giving them away as gifts, for example, or stirring the preserves into plain yogurt instead of buying pricier flavoured cups.

Harris, 33, of Tipp City, Ohio, started canning for the first time last summer, putting her a bit ahead of a trend seen around the country: As food prices rise and the economy declines, more people are turning to home canning.

"I started canning to save money," said Harris. "I really love the self-sufficiency of it, that I know where the produce started and what the process is."

Harris, a literature professor who chronicles her efforts to pay off her credit card debt on her blog, My Daily Dollars, considers canning a frugal way to enjoy high-quality ingredients. Though she has a garden, most of what Harris cans comes from her local farmers market.

"Especially in the winter, when I go down in the basement to get the jars, it's a nice feeling," she said. "So many things are unknown with the way food is produced that it feels really good to keep control of it."

The trend is reflected in the sales of the popular Ball canning jars and supplies, said Chris Scherzinger, vice president of marketing for Jarden Home Brands, the maker of Ball products. Retail sales of Ball canning products have increased nearly 30 percent this year, and sales of the company's plastic freezing containers have doubled over last year, according to market data from Information Resources Inc.

"It fits with what we've seen historically from the 1970s and even before then: When people tighten their belts, they focus a little bit less on convenience items and convenience foods and focus a little bit more on staying home and making their own, whether you're talking about food or fun," Scherzinger said.

"The straw that broke the camel's back was the economy ... but the underlying reason was healthier food."
Louise Johnson on canning

Louise Johnson of Auburn, Maine, grew up tending her parents' garden and has planted her own for several years. But she didn't start canning her produce until this summer, when she no longer could stomach the thought of paying higher prices for food packed with preservatives.

"The straw that broke the camel's back was the economy," said Johnson, a 33-year-old mother of three boys. "But the underlying reason is healthier food — we're tired of food that has tons of sodium, preservatives and all the nasty stuff they put in food that you don't have to be eating."

Alice Mullen of the University of New Hampshire Cooperative Extension said the canning demonstrations she offers at farmers markets around the state have begun attracting larger crowds. In Florida, the Citrus County Canning Center has seen a steady increase in customers this year, said manager Cindy DeVries.

Customers bring their own produce and jars to the center, which has been open since 1935, and can use the kitchen's community stoves and sinks. "What I hear is the words 'the economy,' and "We've started growing a garden because we don't know what's going to happen to the economy in the future,'" she said.

Kathy Savoie, who has been teaching canning classes through the University of Maine Cooperative Extension for 12 years, said she usually offers four to eight workshops in a typical summer. This year, she has 25 scheduled through the fall. She anticipated the demand back in the spring, when she heard from a huge number of people starting gardens for the first time.

"This year has been a real surge," she said.

THE ASSOCIATED PRESS

JOEL PAGE/THE ASSOCIATED PRESS

Louise Johnson poses in her garden. She recently took a canning class and plans to can produce from her garden.

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Pre-approval can be your ticket to saving thousands

TheHunt
Amit Paul
amitp@rogers.com

Anytime a new purchaser comes my way, the first thing I advise them of is to get pre-approval. Of course I'm happy to help along each step of the way, but the goal is to get that first and crucial step completed.

You might ask yourself why you would jump into a mortgage before finding the home you want, but it's important to understand that a pre-approval isn't jumping into a mortgage at all.

A pre-approval might be best defined as your licence to go house shopping. In essence there's no sense in finding the home of your dreams if you're not already 110 per cent sure you can afford it comfortably. There's also no sense in spending your valuable time viewing homes that are not within your price range comfort zone.

The worst thing that could happen is you realize that the homes you were looking at will stretch your wallet too thin, and then when you try moving down to the tier below, it's a decline you're not willing to make!

A pre-approval also locks in the interest rate at the time, for you, for a period of a few months. If you don't end up purchasing until three months into the future when rates have gone up, your pre-approval guarantees you that original lower rate. On the other hand, if the rate goes down your lender will simply give you the new low rate.

Another reason it's important to have your financing situation sorted out prior to going house hunting is so that you can take advantage of your readiness should the opportunity to do so arise.

In today's market the hottest properties often attract competing offers. On many occasions I've seen vendors accept lower offers because they aren't encumbered by a financing condition, giving the buyer an out, and making the offer less than firm. This is another way your pre-approval can save you a nice bundle of cash.

Most people have a budget which they've put together and verified for everything from vacations to the cars they buy. It only makes sense that a proper budget, or a pre-approval, be carried out adequately before beginning the single most important and largest purchase you are likely to make.

Perhaps the most important reason to sort out your finances in advance is not simply the money you can save because of it, but all that mental anguish and stress you save yourself from.

On a side note, as the market continues to be hot for new condo purchases, getting that pre-approval done prior to venturing towards that condo investment is of the utmost importance.

I've had more than a few inquiries on Tridel's Hullmark Centre, for instance, where potential investors have realized that changes and alterations are required before they can jump on the bandwagon.

The good news is that, if you have time, you have possibilities.

As your parents use to say, do your homework… you'll see why it's important when it goes to work for you. Happy hunting!

Amit is a Realtor/Developer with Re/Max. amitp@rogers.com

Think green with safe lawn care

Using pesticides merely to improve the appearance of lawns, gardens, parks and school yards creates an unnecessary risk for our children, pets and the environment.

On June 18, the Ontario government passed new legislation that bans the use and sale of pesticides, including herbicides, fungicides and insecticides for cosmetic purposes.

Final details of exactly which products and chemicals are being banned will be released in the spring of 2009, when the law goes into effect.

Exemptions are proposed for golf courses, agriculture and forestry sectors to protect and enhance food production and our forests. Meanwhile, the use of pesticides for cosmetic purposes is already banned or restricted in 32 municipalities across Ontario, representing 46 per cent of the province's population.

A 2007 poll of 1,000 Ontario residents shows 71 per cent support province-wide restrictions on pesticides. The provincial law creates a consistent level of protection for all Ontario residents, rural or urban, particularly children who are generally more susceptible to the potential toxic effects of pesticides. It also establishes one clear set of rules for all Ontario communities and businesses.

Further information is available online at *ontario.ca/greenthumb*

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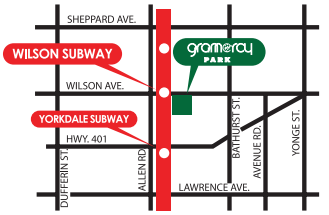

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Homes in brief

TOOLS Ever wanted to start a project around the house, but lacked the tools to do it? Here's a good idea — borrowers at the Turner Public Library in Turner, Maine, can not only choose from a large selection of gardening books, but also more than a dozen hand tools to carry out their chosen projects. Spades and pruners, a cultivating fork, a root cutter and a bulb planter are among the tools patrons can check out, just as they would a book. Library Director Vicki Varney said the tools are available to help both new gardeners and others who might not have the right tool for the job. Offering garden tools was the brainchild of library trustee Pat Dickinson, who read about a similar project elsewhere. Jeff Timberlake of Northland True Value Hardware donated the tools, which are normally loaned for one week. THE ASSOCIATED PRESS

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STEP BY STEP

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OrganizedZone

Ask Brenda

- Metro's organizing guru Brenda Borenstein wants to hear about your organizing challenges and successes. Send them to her at *metro@organizedzone.com*.

You probably think that cluttered people are lazy, ignorant and disorganized. It's a common misconception.

In fact, the opposite is generally true. I find that clutterbugs often have a specific area of their living space that's micro managed in such minute detail you would not believe it.

This area is their pride and glory. They're perfectionists about it. They spend so much time on details, in fact, that they don't have time to look at the whole picture.

When I'm trying to help such folks, I usually say, "Perfect comes later. Getting it done comes now."

I recently had a fun elderly client who is an avid viewer (and customer) of television shopping channels. She lives in Florida for six months each year, so when she sees something for sale on television that she likes she buys two of it — one for her home here, and one for her home in Florida.

She was frustrated because she was unable to use her living or dining rooms due to invasion of the shopping channel boxes. Her actual living space was limited to the kitchen, washroom and bedroom and her walker barely fit through. Her apartment in Florida didn't have room for any more stuff either. She jokingly suggested tossing a match onto it all. But I told her there was another way out.

Trouble was, she didn't remember what she had bought. And she couldn't see what she had bought, since it was still in the cardboard boxes. So we had to make it visible.

"Trouble was, she didn't remember what she had bought. And she couldn't see what she had bought, since it was still in cardboard boxes."

We unpacked, recycled and sold many items online (read, emotional buys such as the ab trimmers and kick boxing DVD kits that were never going to be used). Now she can actually move around her home in Canada, and make her annual trek down to Florida without being weighed down.

Brenda Borenstein is your professional organizing guru. Her column appears every second Thursday. Visit organizedzone.com.

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Another tomato tip?
Here's a tip from Cook's Illustrated Magazine to lengthen the life of tomatoes that do not have a stem attached: Store tomatoes stem-end down at room temperature — this prevents air from entering and moisture from exiting its scar (left from where the stem once grew). Who knew? METRO NEWS SERVICES

Food

"A ripe field tomato should be firm, not rock-hard, and have a slightly supple quality to its surface; it should feel heavy for its size." Barb Holland/for Metro Canada

Don't worry
The occasional small surface cracks at the bottom of a tomato won't affect its quality.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Timeless Heirloom tomatoes

À la carte

Barb Holland
Metro Food Writer

The buzz is all about Heirloom tomatoes. Found in farmers' markets and roadside farm stands, they come in a range of colours (red, brown, yellow, purple, white and bi-coloured), texture and size (from pea size to quite large). Heirloom tomatoes are from seeds carefully preserved and passed down over decades, keeping their character and flavour intact. Heirloom or not, locally grown field tomatoes remind us what tomatoes are supposed to taste like. As a kid, the first ripe tomatoes of the season would be sliced, slathered with mayonnaise and put between two slices of squishy white bread. (It was about the tomato, not the bread.) My tastes are now somewhat more sophisticated as I devour bruschetta while tomatoes are in season.

Locally grown field tomatoes remind us what tomatoes are supposed to taste like — use fresh, ripe ones for the best bruschetta .

Bruschetta

Is so easy it doesn't really need a recipe but here are a few tips to pass along. Have fabulously flavoured ripe tomatoes, good quality olive oil, good bread and fresh basil. I also like to soften garlic in the microwave for a few seconds to take off the raw edge.

METHOD:

Dice 2 to 3 (depending on size) ripe tomatoes and place in a colander. Sprinkle lightly but evenly with salt and let drain in sink for 15 to 20 minutes. Gently stir occasionally.

Meanwhile, slice good quality ciabatta or other rustic artisan bread and grill until toasted on both sides. Rub one side with sliced raw garlic and cut into manageable sizes.

Mince fresh garlic (1 clove to 2 to 3 tomatoes) and place in small microwaveable bowl. Add 2 to 3 tbsp (30 to 60 mL) good quality extra virgin olive oil. Microwave 20 to 30 seconds — do not boil (about 10 seconds/tbsp oil). Transfer tomatoes to a bowl. Add oil and garlic, chopped fresh basil (about 1 tbsp/15 mL per tomato) and salt and pepper to taste. Top bread with tomato mixture and serve immediately.

Tips:

- There are hundreds of varieties of tomatoes from tiny currant, cherry, grape tomatoes to large beefsteak that can weigh up to a kg. The larger tomatoes can be categorized into three main types:

Round (slicing/table) are medium-sized, globe-shaped that are ideal for eating raw.

Roma or Plum are plum-shaped, thicker-fleshed and less juicy than the Round variety. These are a good choice for preserving, sauces and cooking.

Beefsteak are large juicy tomatoes good for slicing into salads and sandwiches.

- Good for you: One medium tomato has 25 calories and is a very good source of fibre, Vitamin A, Vitamin C, Vitamin K, potassium and manganese.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

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Billy's Best Bottles

"Light reds are not yet understood in North America. People regard them with the kind of suspicion they once had for small cars." To read this week's Billy's Best Bottles column online, visit metronews.ca METRO NEWS SERVICES

When you google 'great food'

In a cutting edge cookbook for the Internet generation, Google's legendary founding superchef, Charlie Ayers, tells you everything you need to know about the newest nutrition buzzword: Brain food. Raw, organic, and fermented is Ayer's mantra, which is reflected in more than 90 easy-to-prepare recipes. DK Publishing offered Metro this recipe from Food 2.0: Secrets From The Chef Who Fed Google:

Coconut-Oatmeal bars with Chocolate Chips

Pack these in your bag and eat them on the way to work.

INGREDIENTS:

- 60g (2oz) unbleached plain flour
- 1/4 tsp baking powder
- 1/4 tsp fine sea salt
- 115g (4oz) rolled oats
- 115g (4oz) unrefined light brown sugar, lightly packed
- 60g (2oz) dried, unsweetened, dessicated coconut
- 60g (2oz) bittersweet or semisweet chocolate chips
- 85g (3oz) unsalted butter, melted and cooled to room temperature
- 1 large egg, lightly beaten
- 1/4 tsp natural vanilla extract

METHOD:

Preheat the oven to 180°C (350°F/Gas 4). Lightly oil an 8in (20cm) square baking tin and set aside.

Sift the flour, baking powder, and salt into a mixing bowl. Stir in the oats, brown sugar, coconut, and chocolate chips. Stir together the melted butter, egg, and vanilla, then add to the flour mixture and stir just until blended.

Avoid mixing more than needed. Transfer to the prepared pan and level the surface.

Bake until slightly risen, golden, and just firm to the touch, about 25 minutes. Put the tin on a rack and let cool before cutting into triangular or rectangular bars or squares.

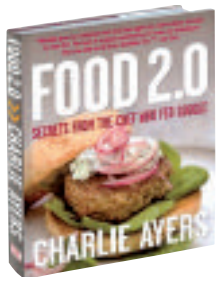

PHOTO COURTESY OF DK PUBLISHING

This recipe is excerpted from Food 2.0: Secrets From The Chef Who Fed Google, available in hardcover from Amazon.ca for $17.64.

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*Displayed fare corresponds to the Toronto - San Jose Costa Rica route.

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Fashions made of alpaca, llama fleece
In Arequipa, Peru, some of the most fashionable residents have four legs: Vicunas, alpacas and llamas. Exports of the animals' fleecy coats have nearly doubled to more than $43 million US in the past four years, as models strut catwalks from Paris to New York wearing fur from the long-necked animals. THE ASSOCIATED PRESS

Style

Nivola to star in Coco biopic

Alessandro Nivola, left, has been cast in the Coco Chanel biopic Coca avant Chanel. Nivola will star opposite Audrey Tautou in the Anne Fontaine-directed French film. The Jurassic Park III actor will play Chanel's lover Authur Capel. According to the Hollywood Reporter, Nivola, who is learning French for the role, will likely be the only American in the feature. METRO NEWS SERVICES

FASHION EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Project Runway's Garcia lists her top fall picks

Nina Garcia helps make the call on Project Runway about who's in and who's out.

In her new book The One Hundred: A Guide to the Pieces Every Stylish Woman Must Own' (Collins), she advises on what to buy and what to keep. Her tips for the fall include:

- **Statement jewelry:** Garcia predicts a big comeback in Art Deco cuffs, chunky necklaces, gothic rosaries — which can all be layered.
- **Lace:** With its heirloom quality, the look of lace ranges from demure to Goth. She'll be mixing lace with a white poplin shirt, mimicking the new Prada look, or with leather, a pairing she spotted on the Givenchy runway.
- **Well-tailored jacket:** Well-tailored jacket. It could be masculine or form-fitting; the key is the fit.
- **Clutch handband:** "If you still have not invested in a clutch, this is the season to do so. There are so many styles to choose from, from romantic to punk." THE ASSOCIATED PRESS

Violet femmes

This royal hue – from lilac to amethyst – is hot for the fall

When her husband claimed the Democratic presidential nomination, Michelle Obama chose to wear her signature pearls with a simple sheath dress — which was a rich purple colour.

Across the pond, another woman behind a powerful man, First Lady of France Carla Bruni Sarkozy, also displayed a penchant for this plummy colour. For a state dinner at Elysée Palace, she wore a purple Hermès gown and she wowed the British public in a rich grape-coloured Dior coat when she arrived at 10 Downing Street for a state visit earlier this year.

"I do think that purple is the perfect symbolic choice for both women," said Renee Labbe, director of the Canadian division of Promo-Styl, an international trend and colour forecasting agency. "Like silently saying they are already royalty — worth a presidency."

Even young starlets in Hollywood have clued in that when it comes to the power of colour, purple reigns. Blake Lively, the actress on Gossip Girl, one of the hottest television shows right now, has been spotted soaking up ultraviolet vibes.

And, come fall, a full range of shades of this berry colour, from lilac to aubergine, is proving to be a hot hue in accessories and makeup.

"Purple amethyst is one of a few 'gem stone' shades trending at the moment," says Labbe. "Many chose to use it as a luxury shade, bouncing off its origins as a royalty colour but others, such as mass retailers, chose to use it as an 'energy' colour."

Throughout history, power players have always shown a passion for purple.

Egyptian queen Cleopatra so loved the colour, she purportedly had her servants soak thousands of Purpura snails to get a single ounce of Tyrian purple dye.

"The paler purples are soothing shades and are generally what I like to refer to as 'Zen' colours — naturally therapeutic," Labbe says.

TORSTAR NEWS SERVICE WITH FILES FROM METRO NEWS SERVICES

PHOTOS BY TANNIS TOOHEY/TORSTAR NEWS SERVICE

Trench coat, $240, Banana Republic.

Clockwise from top left: Revlon Line Fantasy Cream Eyeliner in Plum, $12.95, at mass retailers and drugstores; Holt Renfrew; David Dixon tricoloured boots, $175, Town Shoes; Rimmel's Play Fast nail colour in Night Before, $4.95, available at most drugstores.

Clutch purse, $90, Nine West.

Kenneth Jay Lane bracelet, $135, Holt Renfrew.

PHOTO COURTESY OF WINNERS

Winners model wearing purple knit beret, $14.99, cable-knit poncho, $29.99, and Italian patent leather handbag, $189.99.

Dreaming of getting married on a white sandy beach?

Win! your dream wedding and honeymoon in The Islands Of The Bahamas!

The luxury prize includes round-trip airfare and 6-nights super-inclusive accommodation at the tropical escape known as *Breezes Bahamas*; enjoy the playful side of paradise. The winner will also receive a full beach wedding package from Creativiti Weddings including a single tier cake, preparation of wedding documents, minister, tropical bride bouquet and groom boutonniere, site location, wedding coordinator and 24 photos!

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Brad goes green with Kiehl's

Through a partnership with beauty purveyor Kiehl's, Brad Pitt is introducing the first ever 100 per cent biodegradable product. It is Kiehl's new green-grooming Aloe Vera Biodegradable Liquid Body Cleanser, in stores November 2008. Proceeds will benefit JPF Eco Systems. **METRO NEWS SERVICE**

Style File

Kim Elbo
kim.elbo@metronews.ca

ask kim

I bought a pair of shoes but they are bit tight. What can I do to stretch them out?

Only shoes made out of natural fibres like leather and suede can be stretched. Try asking a shoe repair shop if it can stretch your shoe out, but you may have to leave your shoes for an overnighter. Here's an online tip: "Wet your leather shoes with alcohol then wear them till the alcohol dries. The alcohol helps to stretch out the shoe and doesn't dry out the leather" — *tipking.co.uk*

E-mail your style questions to *kim.elbo@metronews. ca.*

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

The perfectly oversized cardigan

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Address: Various Locations
hm.com

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getplenty.com

Blouse
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Shop: Bedo
Address: Various Locations
bedo.ca

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Shop: Banana Republic
Address: Various Locations
bananarepublic.com

Tank
Designer: Free People
Shop: Plenty
Address: Various Locations
getplenty.com

cardigans

Push those plain block colour cardigans aside this fall season; we are seeing cardigans that are knitted or printed with classic stripes, polka dots and argyles. Stealing your boyfriend's cardigan or buying one at a vintage shop is the look that designers are going with this season. Look for masculine prints and colours. The oversized fit goes with the whole masculine look and this is perfect for layering with shirts, tanks or other lightweight knits.

accessory

Looking for a new skincare line? Go organic with Kibio, the new organic skincare line made in France. Available at Shoppers Drug Mart. — *kibio.com*

fall florals

Flowers are still blooming in the fall. Although we won't be seeing them in ground we'll be more than happy seeing them on shirts, skirts and accessories. Look for fall florals in a variety of prints from geometric poppy prints like the Banana Republic tunic to free flowing painted flowers like the Bedo blouse and the Free People tank. Stay away from brightly coloured flowered prints this fall, they may look a little off season.

METRO PEOPLE'S CHOICE AWARD

YOU COULD WIN 6 TICKETS TO SEE AVENUE Q

Each ballot submitted will be entered into a raffle for a fabulous prize of six tickets to the August 31 closing night performance of Avenue Q at Toronto's Elgin Theatre, courtesy of Dancap Productions.

The busker who wins the most votes will be awarded "Metro People's Choice Award" and will be invited back to perform in next year's BuskerFest.

To enter, please check off only one box next to your favourite performer and submit your ballot at the Epilepsy Toronto Information tent. (Front St. East of Church)

- ❍ Pogo Dudes
- ❍ Charlie Caper
- ❍ Conkrete Stylez
- ❍ Construction Guys
- ❍ Davio
- ❍ Derek Scott
- ❍ Dr. Draw
- ❍ Dream State Circus
- ❍ Mat Velvet & Charlie Show
- ❍ Mr. Spin
- ❍ Alakazam
- ❍ Privy People
- ❍ Pulp (Robert Muraine & Garvin Tran)
- ❍ Punk Magician
- ❍ Pyromeo
- ❍ Rob Williams
- ❍ Sharon Mahoney
- ❍ Space Cowboy
- ❍ Squid
- ❍ Sublimit
- ❍ Toronto Aerial Dance
- ❍ Other: _____

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Avenue Q

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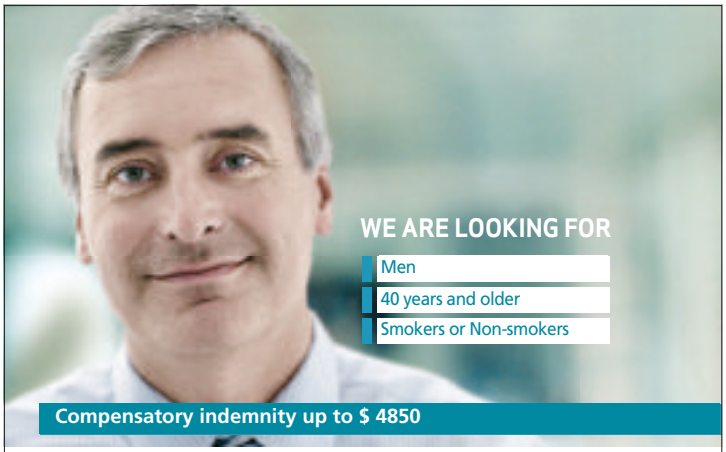

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Dave Matthews Band sax player dies
LeRoi Moore, sax player for the Dave Matthews Band, has lost his battle with injuries suffered in an ATV crash. Moore, who was involved in the accident on his farm near Charlottesville, Va., in June, passed away Tuesday at age 46. **MUSIC-NEWS.COM**

Entertainment

Hip-Hop King
50 Cent has overtaken Jay-Z to be named the Hip-Hop Cash King of 2008. The Candy Shop singer made a staggering $150 million US in the last 12 months, according to Forbes. MUSIC-NEWS.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Thomas leads new music charge

Irma **Thomas**

Album: Simply Grand
Label: Rounder
Rating: ⊕⊕⊕½

IT'S HARD TO BELIEVE that it took the music industry 45 years to finally give Irma Thomas the respect she has always deserved. But that's how long it took for the "Soul Queen of New Orleans" to finally bring home a Grammy. She won it for her 2006 album After The Rain. Her latest, Simply Grand, shows the kind of respect she's always had in New Orleans. Thomas delivers a dozen collaborations with some of the finest piano players anywhere including Dr. John, Randy Newman, Ellis Marsalis, Norah Jones, John Medeski, Marcia Ball, and David Egan. Each track is recorded acoustically, giving prominence to Thomas' rich voice and some masterful piano playing. There's not a bad track in the bunch. And there are more than enough moments of exquisite beauty – River Is Waiting with Henry Butler, This Bitter Earth with Marsalis, Cold Rain with David Torkanowsky and Newman's classic I Think It's Going to Rain. This album is, indeed, Simply Grand. **Graham Rockingham**

Ra Ra **Riot**

Album: The Rhumb Line
Label: Barsuk
Rating: ⊕⊕⊕⊕

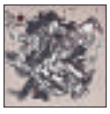
THERE'S SOMETHING odd about engaging in cheery chamber pop knowing that the person who co-wrote half of the material — drummer John Pike — accidentally drowned in the midst of the Syracuse, N.Y. group's 2007 tour. No coincidence that Ra Ra Riot's full-length debut is chock full of nautical and death themes. Yet rather than wallow in mournful cello-and-violin-fuelled elegies, the band soldiers on in bouncy tuneful fashion as if to focus its energies more on celebrating life and survival. **Ian Nathanson**

CD**Reviews**

music@metronews.ca

Son Of **Dave**

Album: 03
Label: Sparks
Rating: ⊕⊕⊕½



03 IS THE FOURTH solo offering from former Crash Test Dummies' multi-instrumentalist Benjamin Darvill (a.k.a. Son of Dave). Since the demise of the Dummies, Darvill's been doing a bizarre one-man-band schtick in the guise of a refugee from a '50s Chicago blues club. He's got a scary voice that grates like crushed glass behind his howling harmonica. Dark shades of Little Walter magic. Darvill can also set down more funk with guitar, voice loops and pedal drum than most plugged-in, four-piece boogie bands. This is nasty roll-in-the-dirt stuff. Roots pigs will wallow in it ... with the exception, perhaps, of his cover of War's Low Rider (it must be a hoot to see live, but it just comes off silly on record). **Graham Rockingham**

PETER POWELL/CANWEST PHOTO

Ice Cube proves on his eighth studio album, Raw Footage, that he is still capable of channeling his gangsta attitude towards corporate and political types.

The **Stills**

Album: Oceans Will Rise
Label: Arts & Crafts/EMI
Rating: ⊕⊕⊕

MONTREAL ROCKERS The Stills haven't had an easy go of it since they released their debut in 2003. First pegged as Interpol rip-offs, their second album was so lackluster that people nearly wrote them off. The band's third effort, which is filled with infectious, well-rounded pop songs, should quell the critics. Disc opener Don't Talk Down, has a fantastic jump-inducing beat, while Everything I Build is an engaging, atmospheric keyboard track that lightly recalls U2. Despite a couple of bland songs, this should be the disc that puts The Stills back on the map. **Bryan Borzykowski**

Divine **Brown**

Album: The Love Chronicles
Label: Warner
Rating: ⊕⊕⊕

LIKE JULLY BLACK, Divine Brown is a Toronto R&B singer who has found her niche in retro stylings of '60s and '70s soul. What sets Brown (and Black) apart from the other young urban yodellers on the contemporary R&B circuit is the power and range of her voice. And, yes, it's good — at times reminiscent of Marilyn McCoo of the Fifth Dimension. All 12 songs are Brown originals with songwriting help from Canadian craftsmen like Ron Sexsmith (Sweet Surrender), and Colin Munroe (I Need Your Love). Brown is best when she plays the retro stuff straight up, like on the opening single Lay It On The Line. There are times, however, when she pours it on a little too thick and the result comes a little too close to parody. There's also a couple of disco throwbacks here. Do we really need to revisit that era again? **Graham Rockingham**

Ice **Cube**

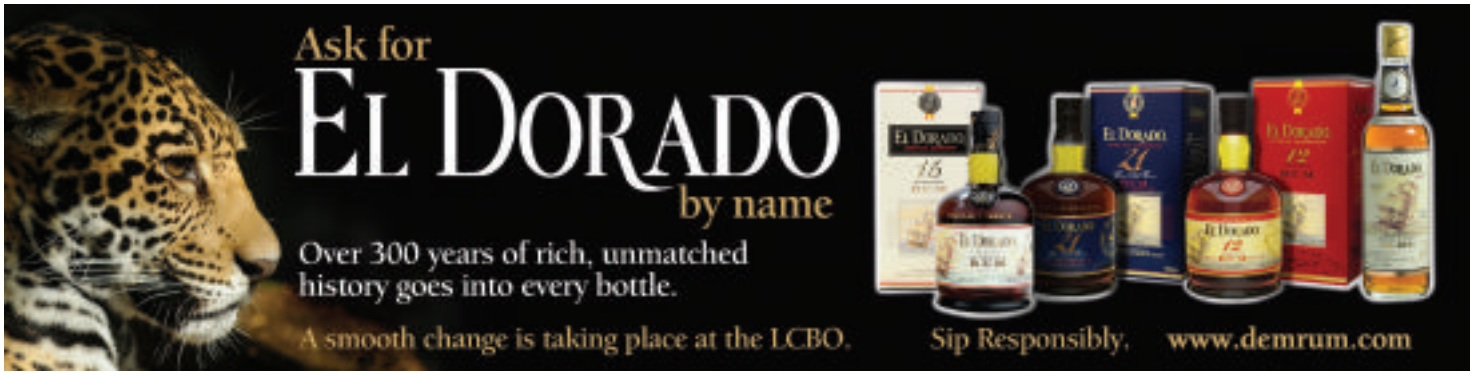
Album: Raw Footage
Label: Lench Mob/EMI
Rating: ⊕⊕⊕

ABOVE SOME movie-stylized funk grooves, the former N.W.A. MC and actor is still capable of channeling his gangsta attitude towards corporate and political types on this eighth solo outing. But when you hear Cube railing about "My style never changed in 22 summers" and " … Don't worry 'bout money, boy, 'cos I got plenty" on It Takes A Nation, one has to question the 39-year-old's style of incessant n-bomb drops and endless rambling about feeding his family. **Ian Nathanson**

The Dandy **Warhols**

Album: Earth To The Dandy Warhols **Label:** Beat The World
Rating: ⊕⊕

DANDY WARHOLS fans have been dropping like flies since they released their self-indulgent 2005 record, and this won't win any back. This disc is a collection off odd, half-baked ideas that the band likely created just to amuse themselves — after all, they were dropped by EMI a couple years ago so they have no one to answer to anymore. Most of these spacey, sort-of-psychedelic songs are hard to stomach, but the talk-singing Welcome To The Third World, with it's inane lyrics is the most confusing of the bunch. **Bryan Borzykowski**



NYC hosts nine bicycle racks designed by David Byrne

David Byrne has designed nine unusual bike racks that have been installed around New York City. The department of transportation says the installations by the Talking Heads singer are meant to spark interest in cycling. THE ASSOCIATED PRESS

Faint's Fasciination mixes old and new

ROB MCMAHON
for Metro Toronto

At first glance, the Faint's new disc Fasciination seems tailored as a grand political statement.

But singer Todd Fink explained the title is more a case of equipment malfunction. "The story behind the spelling is kind of a silly one. That title was the one I used for the album/artist I was saving demos under in my computer," he said. "The reason it came out like that was that the keyboard's I key was broken, and doubled up every time I pressed it. I thought it looked cool."

So the electro-goth-punks aren't raging against the political machine — though Fink says it's not absurd to infer the title's interpretation as "Fascist Nation," and A Battle Hymn For Children includes the line: "In the name of peace we make war."

In short, after a four-year hiatus, despite some shifts in content and updating their sound, the band's preserved its core elements: Fink's dystopian observations set to sharp, staccato rhythms and futuristic synths. The long wait is partly because the disc is released on the band's own label, blank.wav. And since some of Fasciination's songs date all the way back to 2004, the band decided that it had to continually update tracks.

"(Fasciination's) last song, A Battle Hymn for Children, was difficult. The way it sounded didn't hit us the way it should," said Fink. "We worked over versions again and again, and ended up with the record version … Every time we would start over — close the session and start a new one from scratch."

To keep things fresh, the group also took a more experimental approach to some of their songs — more intricate breaks, noisy, distorted squelches and even the odd acoustic instrument pepper the album. For example, Fink explained the goal of Fulcrum and Lever was to "throw any kind of notion of a Faint song away" by building on a start-stop break-beat, rap-style vocals and stabs of squelching noise. For aural trainspotters, Fink claims the song even includes a tweaked sample of a barbershop quartet.

In concert

- The Faint play the Opera House in Toronto on Aug. 21.

BILL SITZMAN/OUTSIDE MUSIC

The Faint are back with a new album after a four-year hiatus.

Olbermann gets a new running mate

TELEVISION MSNBC talk-show host Keith Olbermann is getting a new running mate, Rachel Maddow, who will follow Olbermann's Countdown with her own prime-time hour starting next month.

Maddow, a political commentator who is heard daily on the Air America Radio network and has served as a guest host for Olbermann, will launch her MSNBC show Sept. 8, the network announced yesterday.

Keith Olbermann

The Rachel Maddow Show, billed as "a smart look at politics, pop culture and all the day's top stories," will originate weeknights at 9 p.m. EDT.

Before claiming the time slot currently occupied by Dan Abrams, she will be a political panellist during MSNBC's coverage of the Democratic and Republican national conventions.

Abrams stepped in with his nightly political and legal affairs hour, Verdict, when Joe Scarborough moved to mornings last year. THE ASSOCIATED PRESS

Festival coincides with street closures
The Junction Arts Festival (Sept. 3-7), produced by the Junction Forum for Art & Culture, presents a cultural extravaganza on Dundas Street West. The street will be closed on Saturday, Sept. 6 (noon to 7 p.m.) and Sunday, Sept. 7 (11 a.m. to 6 p.m.). METRO NEWS SERVICES

FILE PHOTO

BuskerFest goes Aug. 21-24 along Front Street between Jarvis and Yonge in support of Epilepsy Toronto.

BuskerFest touts new thrills

SANDY CAETANO
sandy.caetano@metronews.ca

Keeping things fresh and hip, while supporting Epilepsy Toronto is what BuskerFest is all about.

Toronto's ninth annual BuskerFest is back again this year and will be taking over the St. Lawrence Market district along Front Street from Jarvis to Yonge and adjacent side streets on Aug. 21-24, with a long lineup of thrilling new acts.

Mackenzie Muldoon, entertainment and marketing director of Scotiabank BuskerFest in support of Epilepsy Toronto, says this time they've brought in almost double the amount of acts they had in previous years.

"We are going through what I call a little growth spurt it feels like this year. Our footprint is bigger so we're going all the way to Yonge Street," says Muldoon.

"The amount of performers have almost doubled this year, so we're just going to have a lot more going on every step of the festival."

Muldoon says BuskerFest will dazzle audiences with buskers from all over the world and a lineup that includes more than 80 top buskers from Canada, the United States, Hungary, Sweden, New Zealand, Australia, Japan and England.

"We have some very exciting acts — a lot of the acts are new this year. I put a big emphasis on bringing in new stuff that people haven't seen," she says.

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NBC tops ratings

NBC is enjoying a taste of what superstar swimmer Michael Phelps savoured last week: a clean sweep. But unlike Phelps in Beijing's Water Cube, NBC's prime time Olympics coverage left all its competition far behind. THE ASSOCIATED PRESS

FILE PHOTO

Mookie Morris

Morris eliminated

Canadian Idol contestants performed music of the Fab Four as the CTV program pared down to the Final Four hopefuls.

Toronto's Mookie Morris was the latest competitor to be eliminated as voters judged them on singing Beatles songs.

After making Idol history last week by being the Torontonian to advance the furthest in the program's six seasons, the popular 18-year-old received the fewest votes.

Those moving on are: Mitch MacDonald, 22, of Port Hood, N.S.; Earl-Stevenson, 23, of Lloydminster, Alta.; Theo Tams, 23, of Lethbridge, Alta.; and Drew Wright, 28, of Collingwood, Ont.

Next week, the Final Four will be mentored by legendary songstress Anne Murray who performs in Tuesday's results episode.

The American Idol winner from 2007 and former plus-size model Jordin Sparks will perform on the program as well.

THE CANADIAN PRESS

Cash's daughter slams presidential 'endorsement'

MUSIC The daughter of late country star Johnny Cash has called the use of her father's name to endorse a U.S. presidential candidate "appalling."

Country star John Rich implied Mr. Cash would have backed Republican hopeful John McCain while appearing at a rally in Florida, according to media reports.

Writing on her website, Roseanne Cash called the remarks "presumptuous."

"Even I would not presume to say publicly what I 'know' he thought or felt," she added.

According to the Washington Post, Rich told a crowd of supporters in Florida: "Somebody's got to walk the line in the country." BBC NEWS ONLINE

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Noel Gallagher

Oasis guitarist explains album title

Noel Gallagher has revealed why he named the new Oasis album Dig Out Your Soul.

The guitarist said the name was born from the lyrics of a track Gem Archer wrote after the band failed to come up with a suitable title.

"The title is actually referring to DJing when you're putting on some Motown," Gallagher said. "The DJ digging out his soul."

He also admitted Oasis settled on the title because he "ran out of ideas".

"Originally it was going to be called Bag It Up and then it was going to be called Shock Of the Lightning and then it was going to be called Standing On The Edge Of The Noise," he said.

"I couldn't think of any ideas and then somebody had just taken bits of the lyrics out and Dig Out Your Soul was what came up. I was like, 'You know what? Titles become themselves'.

"Definitely Maybe isn't a great title but if the album is good enough it'll become itself. Dig Out Your Soul is not the best one but Dig Out Your Soul was the best one on a day when we had to choose one."

The Oasis guitarist also revealed that the band have experimented a lot more on the new record, with Gallagher even taking up stick duties on three of the songs.

He added: "It's got a drum solo in it, I don't know the last time there was drum solo on one of our records. I'm not really a Keith Moon drummer, I'm a Neanderthal, I'm a basher. I just stick to the backbeat."

BBC NEWS ONLINE

No TV for French tots

France's broadcast authority has banned French channels from airing TV shows aimed at children under three years of age to shield them from developmental risks it says television viewing poses at that age. METRO NEWS SERVICES

Putting the 'zero' in 90210

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

NOTHING TO SEE HERE, PEOPLE: The year in TV began in crisis with the writers' strike, so it's somehow appropriate that crisis — troubling rumours, sudden cast and setting changes, stories of battles on set and in the writers' room — are mostly what we're hearing from the handful of new shows currently in development and no small number of old ones.

It's a weird sort of win-win for the networks — they're getting press for their new shows without having to show anyone a minute of footage that would confirm or deny the anticipated monster suckage about to break over us with the first chill of fall.

Besides the misbegotten Life On Mars, the resuscitation of Beverly Hills 90210 has been a constant source of dismal rumour, which has been all that anyone has to go by, especially since the CW network's announcement earlier this week that, contrary to usual practice, it would not be previewing any of the new shows to critics in advance of its September premiere.

"We're not hiding anything," read the press release. "Simply keeping a lid on 90210 until 9.02, riding the curiosity and anticipation into premiere night, and letting all our constituents see it at the same time."

Roger Catlin, TV critic for the Hartford Courant, has his nose out of joint about this: "This year, using the excuse of the writers' strike, only CBS sent out a substantial number of their fall pilots," he wrote upon hearing of the 90210 embargo.

"Fox has been eking them out slowly. But there's been nothing from ABC but a second season opener for Private Practice, nothing from the CW and nothing from NBC (who added to the insult by showing the season premiere of Heroes at Comic Con but not at TV critics press tour the week before."

KEVIN WINTER/GETTY IMAGES PHOTOS

Kate Hale stars in the new Beverly Hills 90210.

With the deadline on fall preview pieces looming, Catlin and many other TV critics are feeling anxious, having nothing to write about from the big four networks. This critic, of course, feels no such anxiety — I see no reason to abandon standard practice of ignoring most of the new shows until at least one of them starts getting a bit of viewer traction, upon which I'll download what I've missed from the Internet and write something that'll simply glow with brilliant hindsight.

Catlin, on the other hand, seems miffed at what feels like a broken covenant between the networks and their attendant media: "The networks' growing contempt for the press translates into contempt for the consumers of the press — the public — who are looking for guidance through the usual thicket of new fall offerings each year."

To that end, he made a solemn pledge in his column yesterday to ignore 90210 in kind until he has something to actually watch.

This critic will go one step further, and pledge to extend my informal policy of ignoring a show that I had no interest in during its original incarnation to any and all further installments of the 90210 saga, at least until something really stupid happens and I have a perfect joke for the occasion.

Until then, I pledge that this column will remain 90210-free.

Rick McGinnis writes about music, movies, books and television, but not opera.

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TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/21/08	265	353	2	TVO	Super Copter		Undefended Border		New Tricks		The View From Here		Undefended
	211	331	3	GTV	Entertainment	ET Canada	Big Brother 10 (Live)		Kitchen Nightmares		Kitchen Nightmares (N)		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	(6) **XXIX Summer Olympics** (HDTV) From Beijing. Beach volleyball, men's bronze and final; athletics; baseball, semifinals. (Live)								
	214	344	7	CITY	Friends	Hollywood	**Ugly Betty** (HDTV)		**Supernatural** (HDTV)		Battlestar Galactica		News (N)
	212	313	8	CTV	TMZ (N)	Jeopardy!	CSI: Miami		CSI: Crime Scene Invstgtn.		Flashpoint (HDTV) (N)		News (N)
	218	345	11	E!	The Insider (N)	E! News	Zoe Busiek: Wild Card (N)		The Secret of Hidden Lake (2006, Suspense) (DVS)				News (N)
	137	763	13	TFO	Panorama	Frontières	Esprit	Esprit	La Fille de D'Artagnan ★★ (1994, Aventures), Philippe Noiret				(11:05) Volt
	-	-	14	-	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Deadbolt ★★ (1992, Suspense) Justine Bateman.				To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	Big Brother 10 (Live)		CSI: Crime Scene Invstgtn.		Flashpoint (HDTV) (N)		News (N)
	-	385	17	NBC	Entertainment	Olympic Zone	**XXIX Summer Olympics** (HDTV) (Live)						
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	**Ugly Betty** (HDTV)		**Grey's Anatomy**		Private Practice		News
	219	346	20	ACH-B	Grand Star	Degrassi: Next	Stargate SG-1 (DVS)		**Grey's Anatomy**		Private Practice		News
	-	-	28	FOX	Judge Judy	Two/Half Men	**NFL Preseason Football** San Francisco 49ers at Chicago Bears. (HDTV) (Live)						The Simpsons
	-	388	61	PBS	News-Lehrer	Goodnight Swt.	The History Project		The History of the Devil		In the Life		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	**Smallville** "Sleeper"		**Supernatural** (HDTV)		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil		News (N)	Jeopardy!	Frasier	Frasier	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	**Smallville**
news	502	390	26	NW	CBC News	Beijing Today	Assignment: Beijing		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Asia Squawk Box		On the Money		Asia Squawk Box		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	**MLB Baseball** New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	**Boxing** 1993 Bowe vs. Holyfield II. (N)			**CFL Pregame**	**CFL Football** Saskatchewan Roughriders at Edmonton Eskimos.				
	411	457	58	OLN	Exploration	Videos	Coltrane's Britain		Mark Williams' Big Bangs		Don't Forget Your Passport		Pilot Guides
	417	406	81	SC	Pinks (HDTV)	Pass Time	Pinks -- All Out		Pinks -- All Out (HDTV)		Wrecked	Wrecked	Pinks (HDTV)
family	551	542	25	YTV	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	The Mask ★★★ (1994, Comedy)		
	556	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House	Save Us-House	House
	570	580	29	MM	Instant Star	Born to Be	Muchmusic Countdown			Instant Star	Instant Star	MuchTopTens	
	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 "Blackout"		Jacked: Theft	Jacked: Theft	Back Hood
	700	800	35	TLN	Centrovetrine	Sky TG 24	Confessione Mortale (Italian).				The Sopranos (SS)		Raymond
	571	581	36	MMM	mmmtop	Back In	Canadian Idol Top five.		Canadian Idol	Uncovered	Celebracadabra		Canadian Idol
	575	583	38	CMT	(6) The Ultimate Epics		Karaoke Star "Regina, SK" (N)		Reba	Hope & Faith	Home Improve.	Roseanne	Karaoke Star
	616	521	39	SHO	ReGenesis (HDTV)		Intelligence (DVS)		G-Spot	Exes & Ohs	The Shining ★★★ (1980, Horror)		
	620	523	40	BVO	From the Spirit	In the Mind ...	Timeline ★★ (2003, Adventure) Paul Walker, Frances O'Connor.				In the Village		Law & Order
	601	562	41	SLC	End of Leash	Til Debt-Part	Rich Bride, Poor Bride		Last 10	Bulging Brides	The Biggest Loser		Rich Poor
	522	506	43	HIS	NCIS "Hiatus"		Deep Wreck Mysteries		U-864: Hitler's Last Secret		NCIS "Hiatus"		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Laughs	Rick Mercer	The Simpsons	South Park	Reality Bites	Comedy Now	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Holmes on Homes		The Fix	Disaster DIY	Junk Brothers	The Big Flip	Holmes-Homes
	294	529	47	TBS	**MLB Baseball** Atlanta Braves at New York Mets. From Shea Stadium in Flushing, N.Y.						Family Guy	Family Guy	Seinfeld
	576	582	49	BET	106 & Park	Hell Date	Access	Access	The Salon ★★ (2005, Comedy) Vivica A. Fox.				Hell Date
	627	528	50	SPC	Stargate SG-1 (DVS)		Star Trek: Voyager		Prom Night ★★ (1980, Horror) Jamie Lee Curtis.				Stargate SG-1
	581	566	52	MTV	Cribs	After	Canada's Next Top Model		The Hills	After	True Life Outcasts.		MTV Live
	618	524	54	TROP	Inside Hollywood		ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	603	561	56	FOOD	Boy Grill	Licence to Grill	Restaurant Makeover		Scoop!		Scoop 2		Unwrapped
	261	394	60	V	Murder, She Wrote		Fun-Funeral	Keeping Up	True Heart ★★ (1997, Adventure) Kirsten Dunst.				Dalai Lama
	621	527	63	STR	Look-A-Like	Hollywood	TMZ (N)	eTalk	Katie & Peter: Next Chapter		The Ellen DeGeneres Show		eTalk
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	The Wiggles	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Jerry la grande gueule ★★ (1967, Comédie) Jerry Lewis.				Héros (HDTV) Une explication.		TVA 22 heures	Sucré-salé	Treize ans
	126	730	102	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal	Chine	Le Téléjournal	Le National	Le Téléjournal
	526	507	249	CLT	The West Wing		Last Chapter (Part 1 of 3)				Traders		The West Wing
	300	601	301	M1	Poor Boy's Game ★★★ (2007, Drama), Danny Glover				Lust, Caution ★★ (2007, Suspense) Tony Leung Chiu Wai, Tang Wei.				
	305	612	306	PIX	(7:10) The Scalphunters ★★★ (1968, Western)				The Replacement Killers (1998, Action)			Shot Through the Heart	

critics' corner

Timeline

Better than that awful remake of "The Time Machine" — then again, so is root canal — this 2003 adventure follows a young man (Paul Walker) and some associates as they travel back in time to the 14th century to rescue his professor father (Billy Connolly). But people keep trying to kill them. Yeah. That's about it. Enjoy. 8 PM on BVO

XXIX Summer Olympics

Canadian runner Tyler Christopher hopes to bag gold today in his first Olympics in the men's 400 meters. The 24-year-old British Columbian holds the Canadian record of 44.44 seconds in that event, a mark he set three years ago at the world championships. He'll see stiff competition from Jeremy Wariner, the 2004 gold medalist in Athens, and his U.S. teammate LaShawn Merritt, who won silver in the event at the 2007 worlds. 6 PM on CBC

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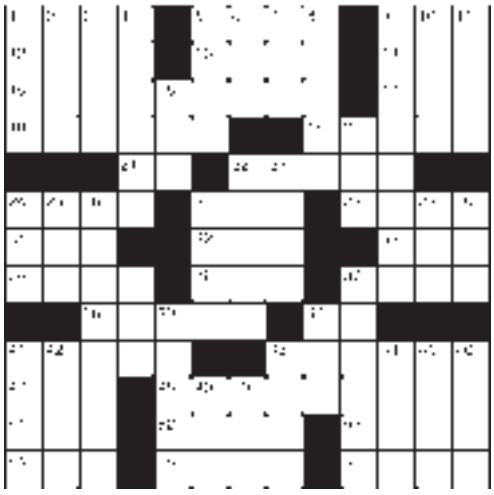
Lovers on tour
Sir Paul McCartney has invited his new girlfriend to join him on tour. The former Beatle was set to embark alone, but after enjoying a recent road trip around America with Nancy Shevell, he has now asked her to travel around the world with him. MUSIC-NEWS.COM

Take Five



Crossword down

1 "Dragnet" star
2 Caboose's position
3 Actress Jessica
4 Hitchcock classic
5 Shakespeare, for one
6 Carte lead-in
7 Heavy weight
8 Passover meal
9 Using extreme care
10 Pennsylvania port
11 Gotta have
16 Whiz preceder
20 Stickum
22 TV's "French Chef"
23 Has a bug
24 Retriever type
25 Indivisible
26 "They Shoot Horses, Don't They?" actor
27 Heart
29 Speed along
30 Chow down
35 Bart, to Homer
37 — Springs, Fla.
39 Vessel
40 That girl
41 Combustible heap
42 Session with a shrink
43 Titanic downfall
44 — contendere
45 Slanted type (Abbr.)
46 Girl in a Salinger story
49 "Eureka!"
50 Beige

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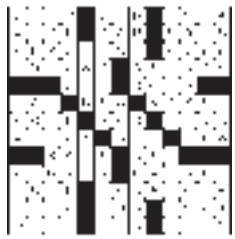
Crossword across

1 Swathe
5 Cuckoo
9 Barbie's companion
12 Morays, e.g.
13 Lotion additive
14 Anger
15 Piano style
17 Conk out
18 Reinforced
19 Urged (on)
21 The guy
22 Yuletide melody
24 Trademark symbol
27 Actor McBride
28 Leak slowly
31 Blackbird
32 Lubricate
33 By way of
34 Seeks alms
36 Literary monogram
37 Sobbed
38 Joined, as oxen
40 "Greetings!"
41 Agent 86's shoe, e.g.
43 Elton John's "— and the Jets"
47 Addressee
48 Ore-Ida product
51 Skedaddle
52 Burn somewhat
53 Ancient Persian Gulf country
54 Work unit
55 Suspend
56 Characterization

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
The completion of a pact is just up ahead. A tiresome person's madness increases. A male will have an increasingly good effect.

TAURUS
APRIL 21-MAY 21
People want to talk about love. Find a better approach to working with a gossip. Frustration will lead to a crucial confrontation.

GEMINI
MAY 22-JUNE 21
A friend will give you insight into a stressful situation. Don't act against your better judgment. Emotional ties will call for clever analysis.

CANCER
JUNE 22-JULY 22
Give your blessing to a project. A violent temper needs therapeutic intervention. Don't be a slave to a difficult habit.

LEO
JULY 23-AUG 23
A clash between loved ones will end well. You'll feel awful about breaking a promise. Get away from work as early as you can.

VIRGO
AUG 24-SEPT 22
Profound thoughts will blow your mind. Make sure that your wallet is safe before going out. News about a celebration is disturbing.

LIBRA
SEPT 23-OCT 23
Love inspires a fresh start. Someone with an evil side is full of mixed messages. An authority figure distrusts a word of warning.

SCORPIO
OCT 24- NOV 22
Honesty is rewarded by a foreigner. Don't blame a friend for emotional blindness. A security blanket causes a minor spat.

SAGITTARIUS
NOV 23- DEC 21
You won't give in to brainwashing. A secret task will soon be public knowledge. Do not criticize a co-worker.

CAPRICORN
DEC 22-JAN 20
An arrogant fool makes a fatal error with his assets. Road hazards are a pain in the neck. You're able to triumph at a meeting.

AQUARIUS
JAN 21-FEB 18
Opportunities for work will come through. Your dedication to loved ones is repaid. A colleague makes a romantic move.

PISCES
FEB 19-MAR 20
An older man requires your enthusiastic presence. Get out into the world to refresh your spirit. A wicked realist has to seek forgiveness.

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Sudoku

5		6				2		8
	8		6		7		9	
7			9		8			4
		2	5		9	4		
		9	8		1	7		
2			1		6			7
	5		3		2		6	
3		1				9		2

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

7	9	3	5	6	2	8	1	4
8	4	6	1	9	3	2	5	7
5	2	1	8	7	4	9	6	3
2	5	7	9	4	8	1	3	6
4	3	9	6	5	1	7	8	2
1	6	8	3	2	7	5	4	9
3	7	5	2	8	6	4	9	1
9	1	4	7	3	5	6	2	8
6	8	2	4	1	9	3	7	5

SUDOKU SOLVE TIME IN MINUTES:
Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising
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Toronto weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Friday	Saturday	Sunday
Sunny. 25°	Fog. 17°	Variable. 27°/19°	Partly cloudy. 28°/17°	40% Showers. 26°/15°

Temperature
Normals
High: 25.7°
Low: 13.2°

Records
High: 35°/1955
Low: 4.4°/1940

Sunrise: 6:30 a.m.
Sunset: 8:11 p.m.
Moonset: 11:56 a.m.
Moonrise: 10:06 p.m.

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Girls Gone Wild founder sues to rescind settlement

Girls Gone Wild entrepreneur Joe Francis wants a California court to rescind a settlement he claims a federal judge coerced him into signing. Francis filed a lawsuit against the parents of three underage girls, aiming to get his payout returned. METRO NEWS SERVICES

Celebrity Buzz

Gosling and McAdams back on

CANADIANS Rachel McAdams and Ryan Gosling are "definitely together again."

The pair — who split last April after dating for two years — are celebrating their rekindled relationship with a holiday in Toronto.

Gossip blogger Perez Hilton said: "Sources have revealed exclusively to me that Ryan and Rachel are definitely together again. They are on holiday in Toronto and are both very happy."

The couple, who are both Canadian, are in the city ahead of the annual Toronto International Film Festival which runs from Sept. 4 to 13.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Exes reunion?

EXES Brad Pitt and Jennifer Aniston could reunite at this year's Toronto International Film Festival, when the exes are debuting their new flicks just two days apart.

Pitt, 44, is among the stars who will walk the red carpet gala at the festival for the North American premiere of his Coen Brothers' flick Burn After Reading on Sept. 5. Pitt is also expected to attend the Venice Film Festival, where his film screens on August 27.

Meanwhile, Aniston, 39, is scheduled to attend the Toronto fest to promote her romantic comedy Management — about a travelling art saleswoman fighting off the advances of a flaky motel manager — which is premiering Sept. 7.

Aniston — who just split from boyfriend John Mayer — was married to Pitt from July 2000 to January 2005.

METRO NEWS SERVICES

celebrity brief

Garth, Doherty getting along

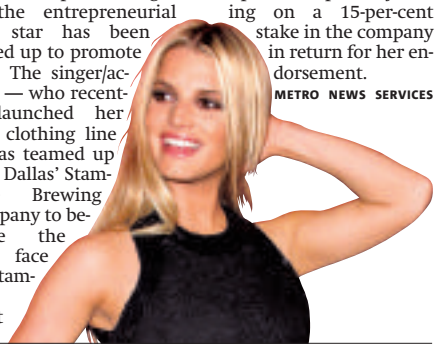
TV Jennie Garth admits she was initially uneasy about working with Shannen Doherty again. The two famously clashed during their 90210 heyday — and once got into a fistfight. But when she reunited with Doherty to shoot CW's 90210 spin-off, she tells TV Guide, "It wasn't as bad as I thought it would be. I was a little nervous because I hadn't seen or talked to her in 14 years."

METRO NEWS SERVICES

Simpson hits the beer

SPOKESWOMAN Jessica Simpson has expanded her business empire once again — the entrepreneurial pop star has been signed up to promote beer. The singer/actress — who recently launched her own clothing line — has teamed up with Dallas' Stampede Brewing Company to become the new face of Stampede Light Plus. Although terms of the deal were not disclosed, Simpson is reportedly taking on a 15-per-cent stake in the company in return for her endorsement.

METRO NEWS SERVICES



celebrity brief

Marriage drove Nielsen to booze

RELATIONSHIP Former actress Brigitte Nielsen blames her previous marriage for turning her into an alcoholic — insisting she turned to drink because she was miserable. The Danish-born star divorced her fourth husband, Raoul Meyer, in 2005 and is now married to Italian bartender Mattia Dessi.

METRO NEWS SERVICES

celebrity brief

Alba's weight loss secret

BABY Just two months after giving birth to daughter Honor Marie, Jessica Alba is 25 pounds lighter — and her trainer is telling PEOPLE just how she did it. Alba's trainer Ramona Braganza says she has been opting for a low-fat, low-carb diet and is training six days a week.

METRO NEWS SERVICES

Voight lashes out at Barr

DISPUTE Angelina Jolie's dad Jon Voight has blasted TV star Roseanne Barr for her attack on his daughter and her partner Brad Pitt. Voight is livid with the attack on his daughter — and claims Barr is suffering from the trauma of being abused as a child, reports Usmagazine.com. He says, "We can never be surprised at what vile evil comes from the mouth of a confessed victim of child abuse."

METRO NEWS SERVICES

LET'S GO TO THE EX
AUG 15 - SEPT 1

Cruz's accent torture

Spanish actress Penelope Cruz hates acting in English — because she has to work extra hard on her accent. The star didn't begin learning English until she was 18, and admits it is still a struggle to perfect her words and accent. METRO NEWS SERVICES

Celebrity Buzz

de Rossi mulls name change

WEDDING Portia de Rossi is considering changing her name after marrying talk show host Ellen DeGeneres at the weekend.

The couple tied the knot in an intimate ceremony at their Beverly Hills, Calif. home on Saturday after the state lifted its ban on gay marriage.

Arrested Development star de Rossi plans to keep her maiden name for now — but may soon be tempted to take her new bride's second name.

She tells People magazine, "I may do it in the future, but I don't think I'm going to do it right now."

But talk show host and media magnate DeGeneres insists it would be far too expensive for her to switch to de Rossi: "If I changed my name to hers, then Telepicture (DeGeneres' productions company) would have to change a lot of signs."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Kidman's message helps sailors to gold

OLYMPICS Actress Nicole Kidman sent a message of support to the Australian men's sailing team to bring home Olympic gold.

The Others star sent a good luck message to Malcolm Page and Nathan Wilmot — and they scooped a gold medal just hours later.

Page admits at first he rejected "the unknown number" on his cellphone before realizing it was Kidman.

He says, "I was getting breakfast and thought, 'Ah, I just don't want to talk to her today,' so I bumped it. Then two seconds later there was a message from Nicole wishing us good luck.

"I ended up returning her call. She was very happy."

Page also claims Kidman was surprised to learn their boat was named The Australian, after the star's upcoming movie.

He adds, "She was very surprised that we do have a tradition of naming our boats after her movies."

METRO NEWS SERVICES

Pratt spills beans on Montag's purity

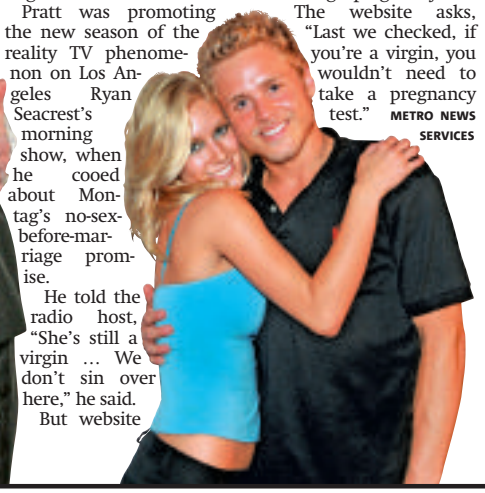
UH-OH! The Hills star Spencer Pratt has been caught lying about his girlfriend Heidi Montag's purity — he insists she's still a virgin.

Pratt was promoting the new season of the reality TV phenomenon on Los Angeles Ryan Seacrest's morning show, when he cooed about Montag's no-sex-before-marriage promise.

He told the radio host, "She's still a virgin … We don't sin over here," he said.

But website HollyScoop.com have unearthed footage from the first season of The Hills, when Montag has a heart-to-heart chat with Pratt after taking a pregnancy test.

The website asks, "Last we checked, if you're a virgin, you wouldn't need to take a pregnancy test." METRO NEWS SERVICES



celebrity brief

Brit to take trip to reality TV?

REPORTS Britney Spears is reportedly set to star in a new reality TV show. The troubled singer is set to defy the wishes of her family to appear in the proposed fly-on-the-wall MTV documentary. The proposed program will focus on Britney's attempts to get her life and career back on track. METRO NEWS SERVICES

celebrity brief

Franco stays off the pot

MOVIE Actor James Franco is frequently offered drugs by fans who confuse him with his pot-smoking character in stoner comedy Pineapple Express. And though Seth Rogen (his co-star) has admitted he is a regular drug user, Franco insists he stuns fans by refusing to smoke marijuana with them.

METRO NEWS SERVICES

Best hopes he didn't turn Lohan

EX Calum Best — the guy who dated Lindsay Lohan before she headed to Promises rehab — wonders, naturally, whether he was the one who disabused her of the need for male companionship. "I hope I didn't turn her," He insists he's still friendly with her and tells the mag, "She's better than she was, because at one point she was (bad)."

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